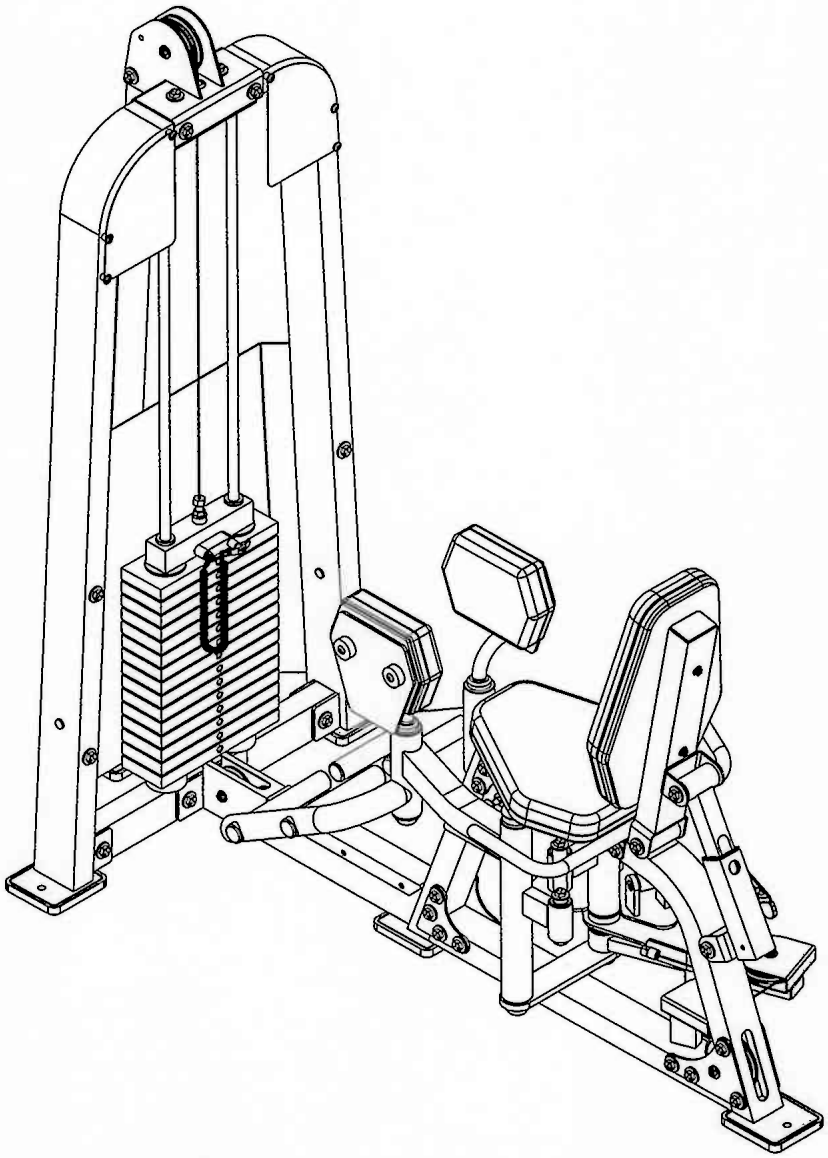
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

# HD1800
# INNER/OUTER THIGH



Feb 2002

*Note: Both Serial Number and Model Number are Required when Ordering Parts*

*RECORD SERIAL NUMBER HERE*


*Customer Service*
*(800) 548-5438*
*(858) 578-7676*
*Fax*
*(858) 578-9558*

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# Step 1

## INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on .

## TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open End Wrench

Allen wrench Set

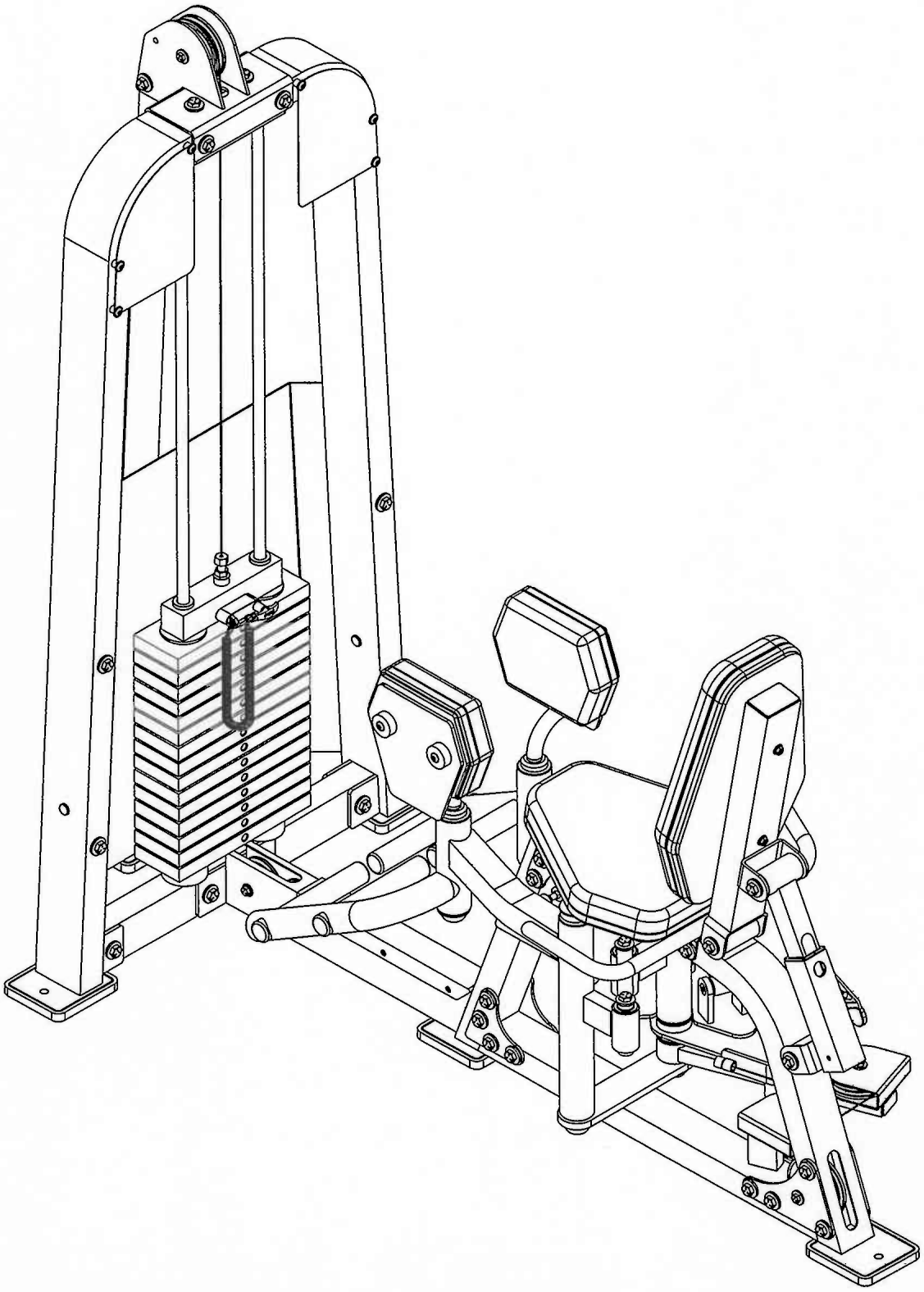
Crescent Wrench

Rubber Mallet

Tape Measure

# Step 2

## FRAME ASSEMBLY



# Step 2a

## FRAME ASSEMBLY

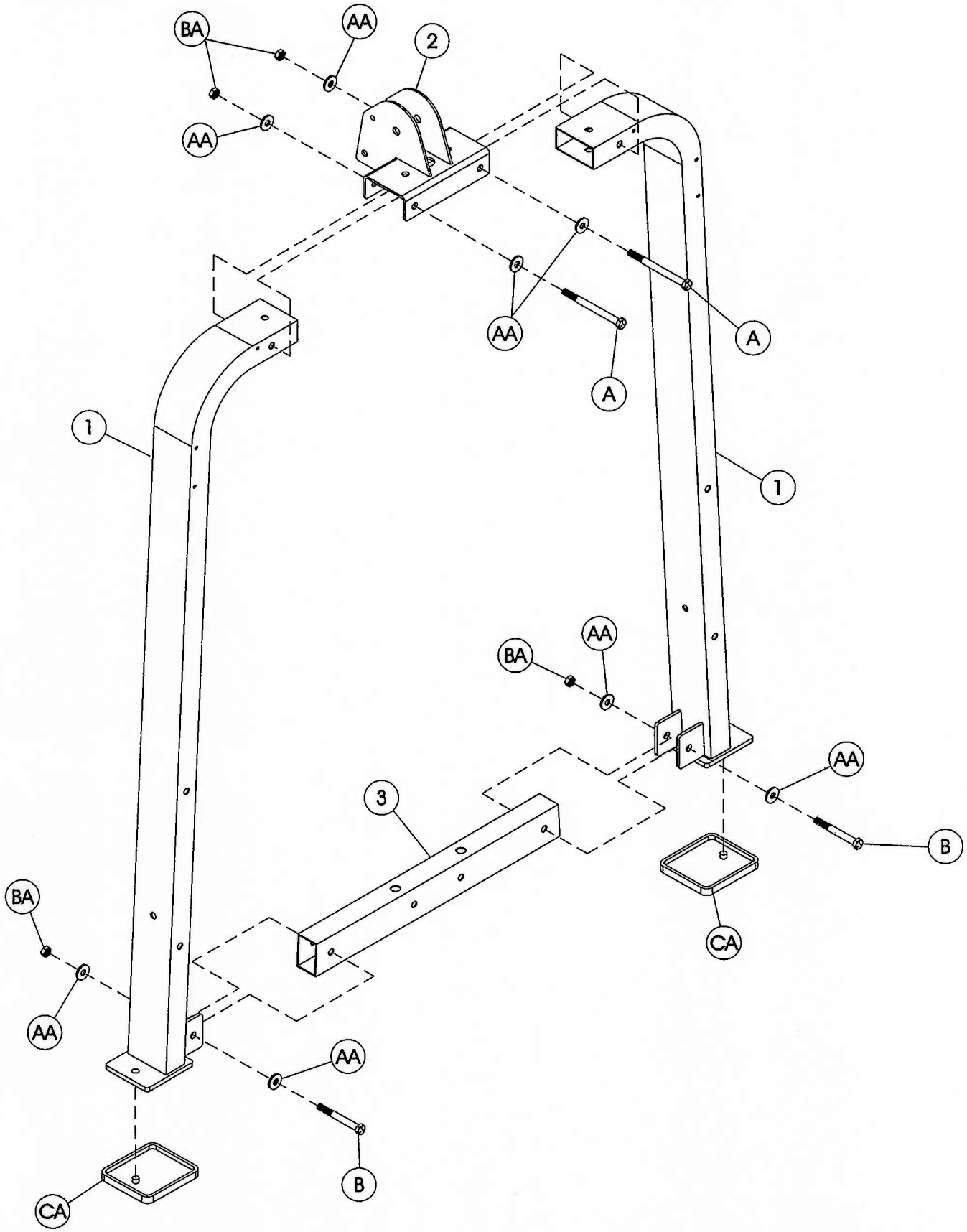
Start assembly by attaching the bottom of both (1)'s to (3), then the top of both (1)'s to (2). *Wrench Tighten* bolts.

## Part Descriptions

1 - Weight Frame Upright
2 - Top Weight Mount
3 - Weight Stack Mount

## Hardware Descriptions

A - 1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad


BA
AA
2
AA
AA
A
A
1
1
BA
AA
AA
B
3
BA
AA
CA
AA
B
CA

# Step 2b

## FRAME ASSEMBLY

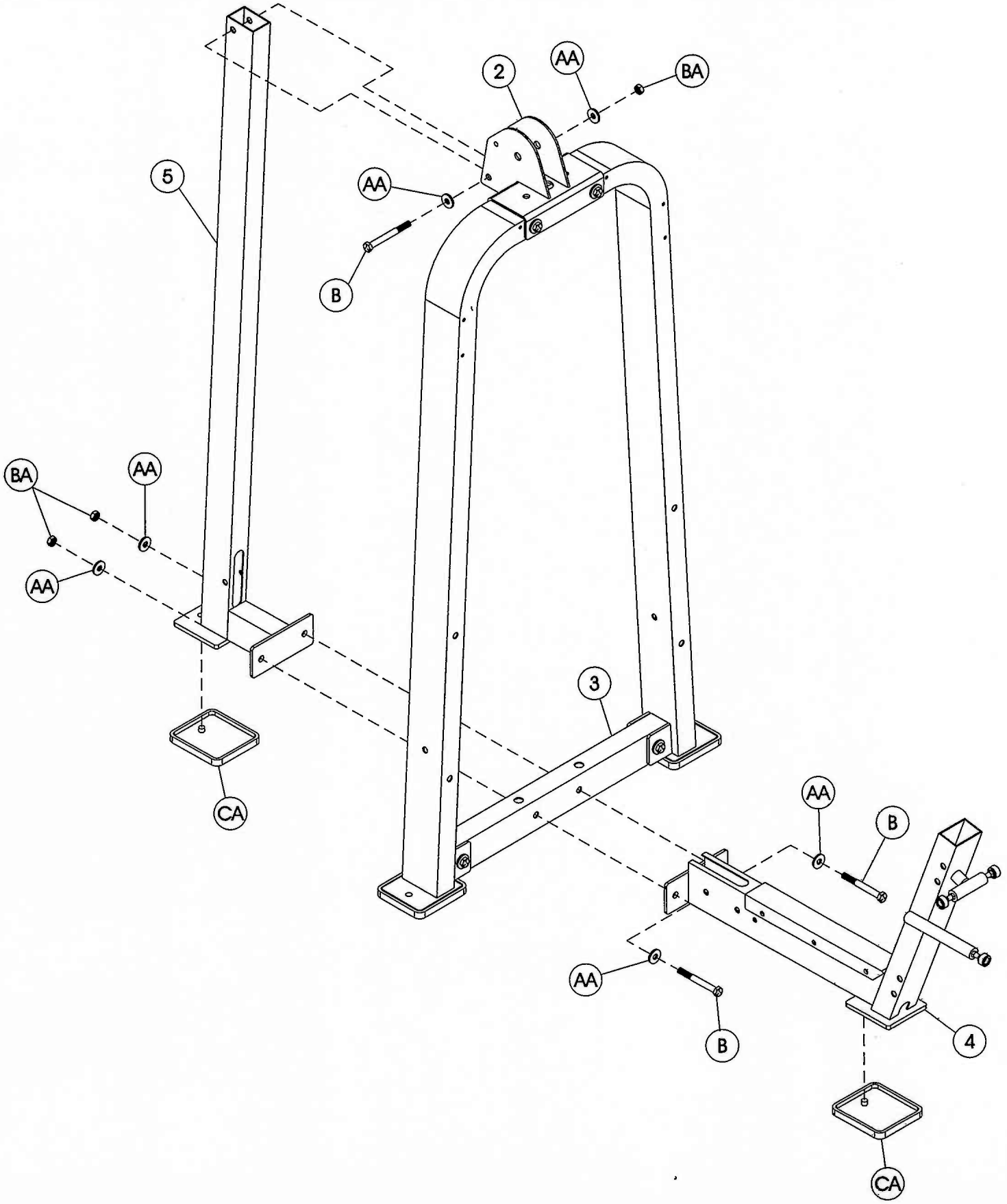
Attach (4) and the bottom of(5) to (3), then the top of (5) to 2. *Wrench Tighten* bolts.

## Part Descriptions

2 - Top Pulley Mount
3 - Weight Stack Mount
4 - Front Seat Frame
5 - Rear Upright

## Hardware Descriptions

B - 1/2"-13UNC x 3" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad


2
AA
BA
5
AA
B
BA
AA
AA
3
CA
AA
B
AA
B
4
CA

# Step 2c

FRAME ASSEMBLY

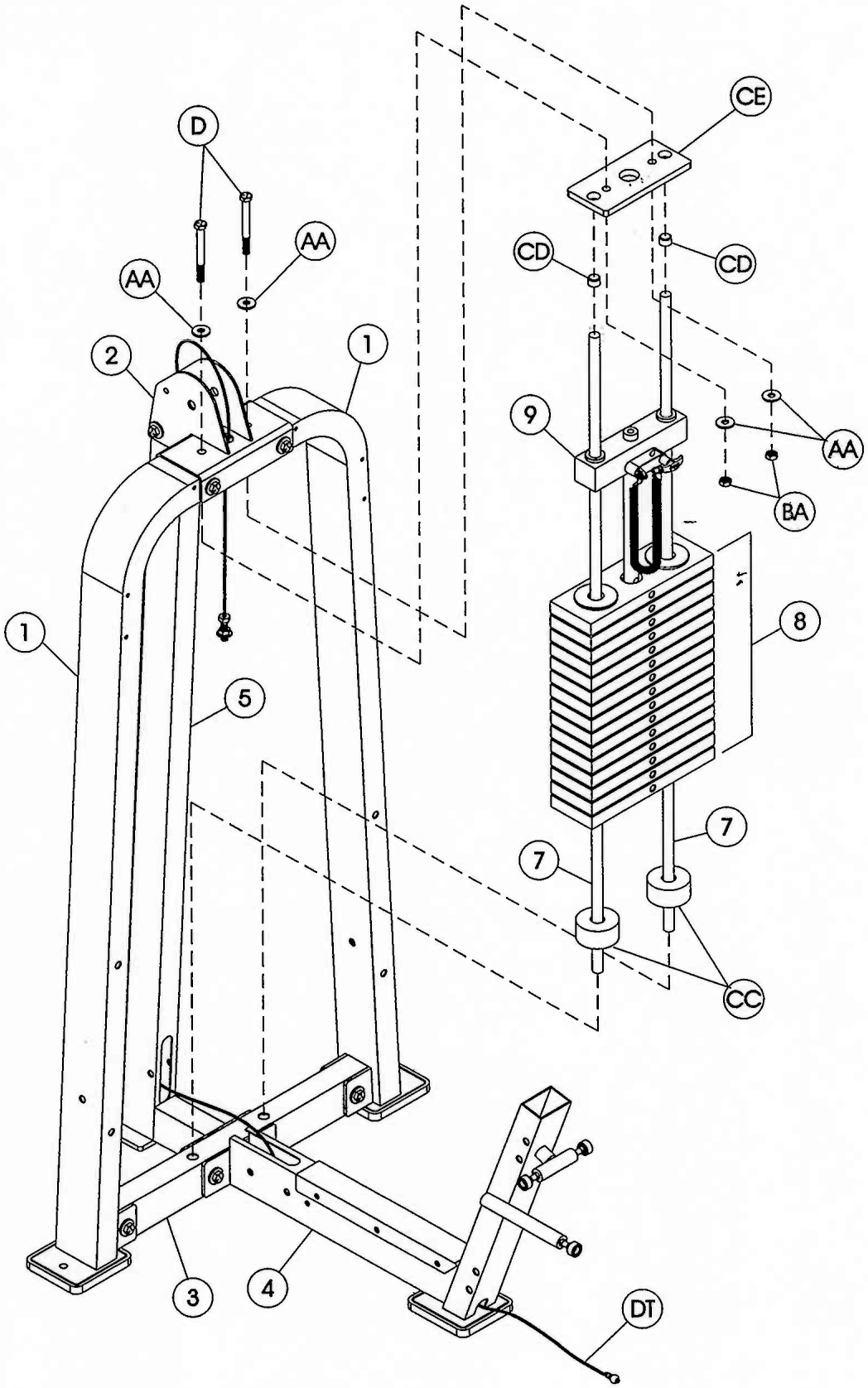
Continue assembly by first sliding the end of the HD1800 Cable (DT) with out the bolt up thru (2), down thru (5), out the bottom, and thru (4). Next slide (7) through (CC) and slide them both into (3). Tilt both (7)'s forward enough to allow room to slide the Weight Plates on. Slide all 15 (8)'s onto both (7)'s. Now slide (9) onto both (7)'s. Cap both (7)'s with (CD), and slide (CE) over both (CD)'s. Angle both (7)'s vertical and secure (CE) to both (2) and (1). *Wrench Tighten* all bolts.

## Part Descriptions

1 - Weight Frame Upright
2 - Top Pulley Mount
3 - Weight Stack Mount
4 - Front Seat Frame
5 - Rear Upright
7 - Guide Rod
8 - 12 1/2 LB Intermediate Weight
9 - 8 1/4 LB Top Weight

## Hardware Descriptions

D - 1/2"-13UNC x 3 1/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CC - Weight Stack Bumper
CD - Guide Rod Cap
CE - Guide Rod Top Mount
DT - HD1800 Inner/Outer Thigh Cable


D
AA
AA
2
1
CE
CD
CD
9
AA
BA
1
8
5
7
7
CC
3
4
DT

# Step 2d

FRAME ASSEMBLY

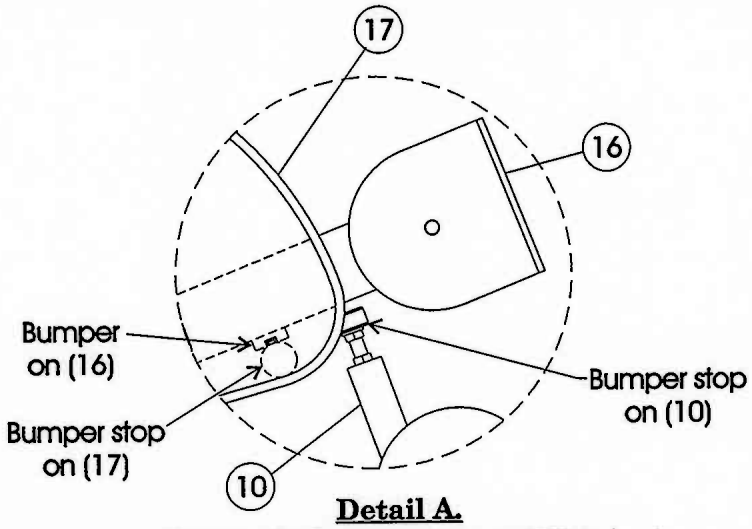
Continue assembly by sliding (DT) thru 10. Slide one (14) into each of the holes on (10). *Hand Tighten* the bottom nuts, they will be wrench tightened in a later step. Next, slide (15) onto the (14) on the left side of the machine. Slide (16), (17), and (18) onto (14) on the right side of the machine. NOTE: when sliding (17) down on top of (16), ensure the bumper stop on (17) is in between (16) and (10), and that (16) comes to rest against the bumper stop on (10).

## Part Descriptions

10 - Seat Frame Base
14 - Threaded Rod
15 - Left Movement Arm
16 - Resistance Arm
17 - Cam
18 - Right Movement Arm

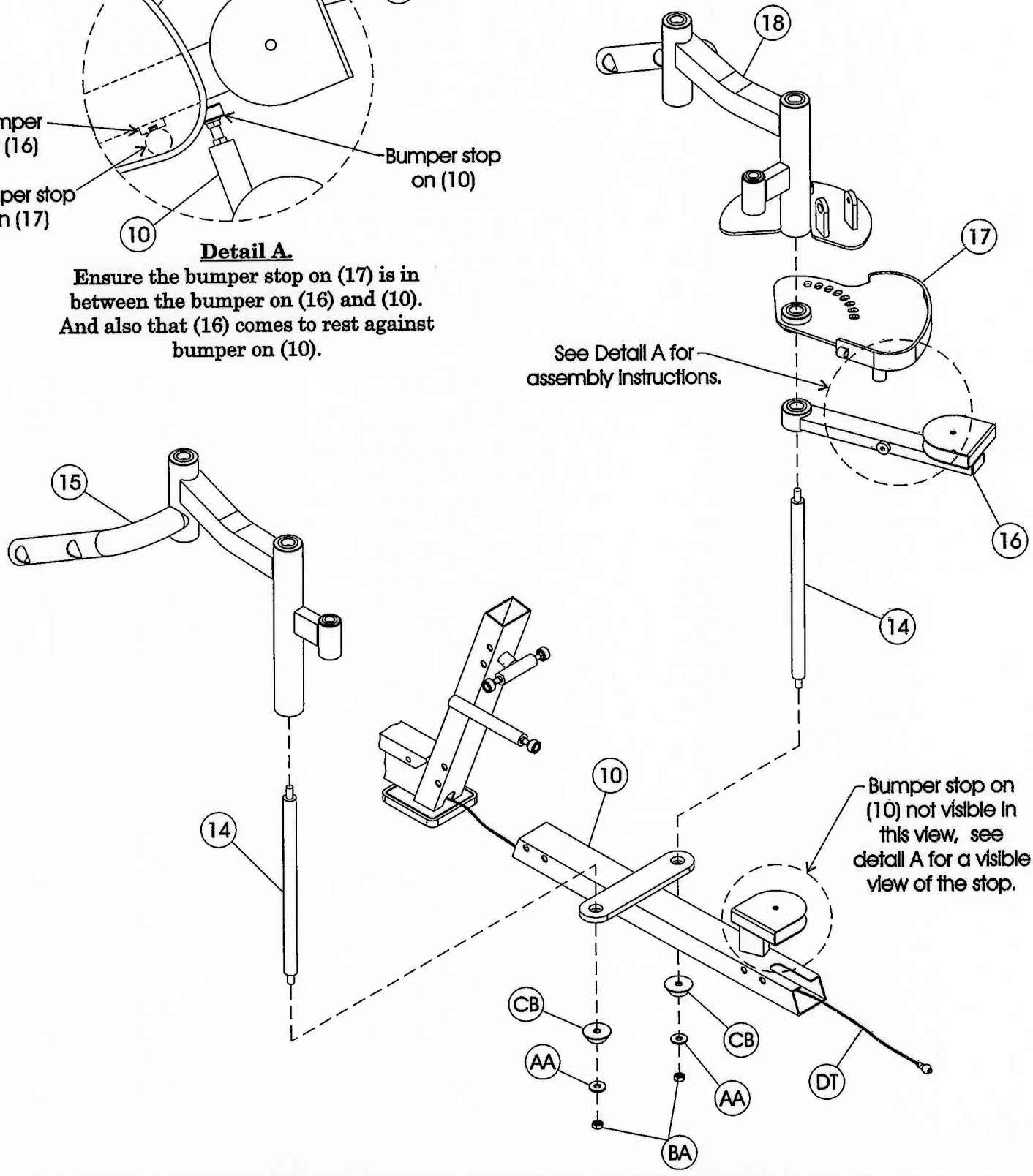
## Hardware Descriptions

AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Aluminum Bolt-On Cap
DT - HD1800 Inner/Outer Cable




**Detail A.**

Ensure the bumper stop on (17) is in between the bumper on (16) and (10). And also that (16) comes to rest against bumper on (10).



# Step 2e

FRAME ASSEMBLY

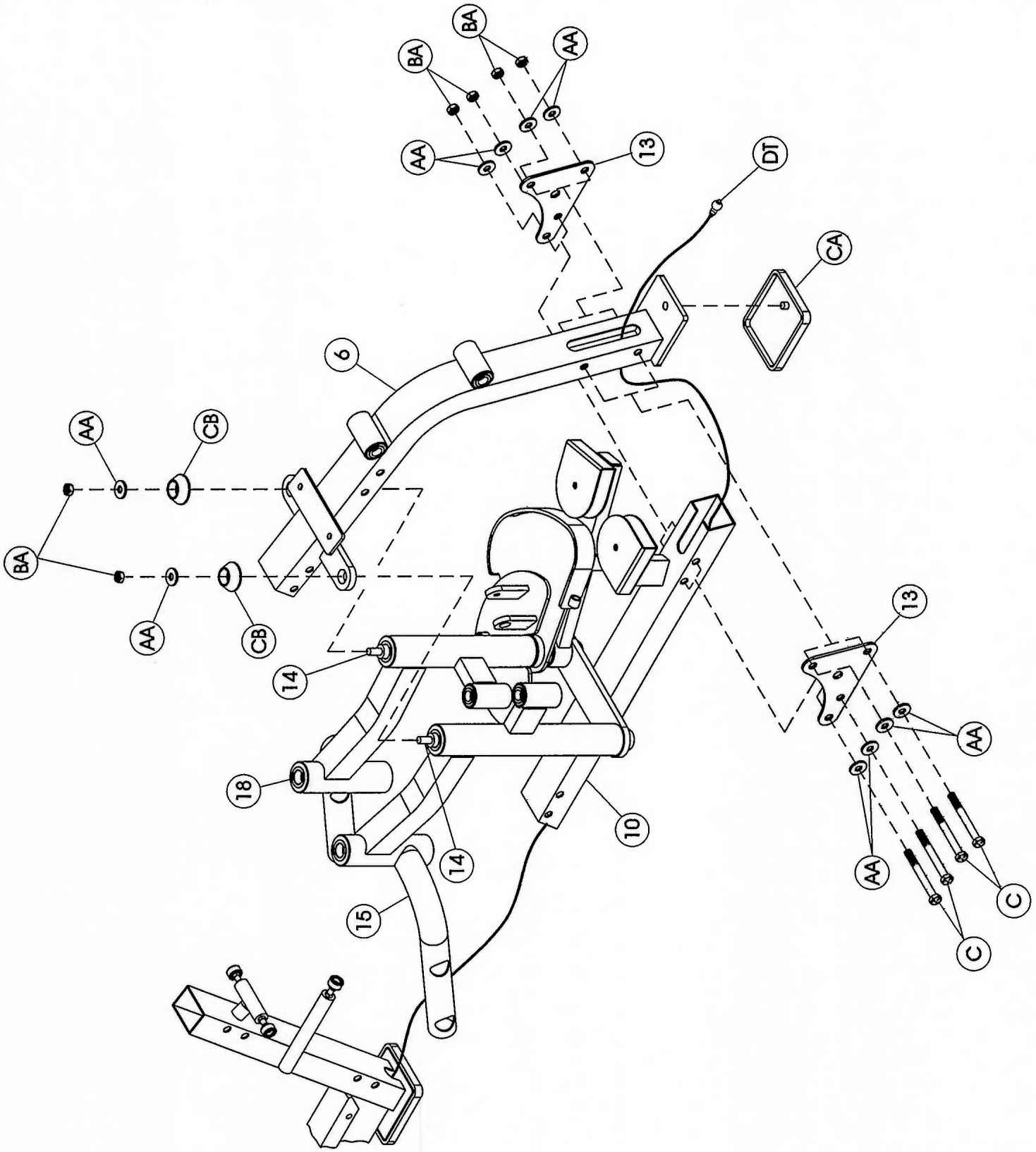
Continue assembly by sliding (DT) thru the slot in (6). Next, slide the holes on the top of (6) onto both (14)'s and secure. Then attach (6) and (10) with two (13)'s. *Hand Tighten* bolts, they will wrench tightened in the next step.

## Part Descriptions

6 - Rear Seat Frame
10 - Seat Frame Base
13 - Gusset Plate
14 - Threaded Rod
15 - Left Movement Arm
18 - Right Movement Arm

## Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Screw (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CA - Rubber Foot Pad
CB - Aluminum Bolt on Cap
DT - Hd1800 Inner/Outer Thigh Cable


BA
BA
AA
AA
13
DT
CA
6
AA
CB
BA
AA
CB
14
13
AA
18
10
14
AA
C
15
C

# Step 2f

FRAME ASSEMBLY

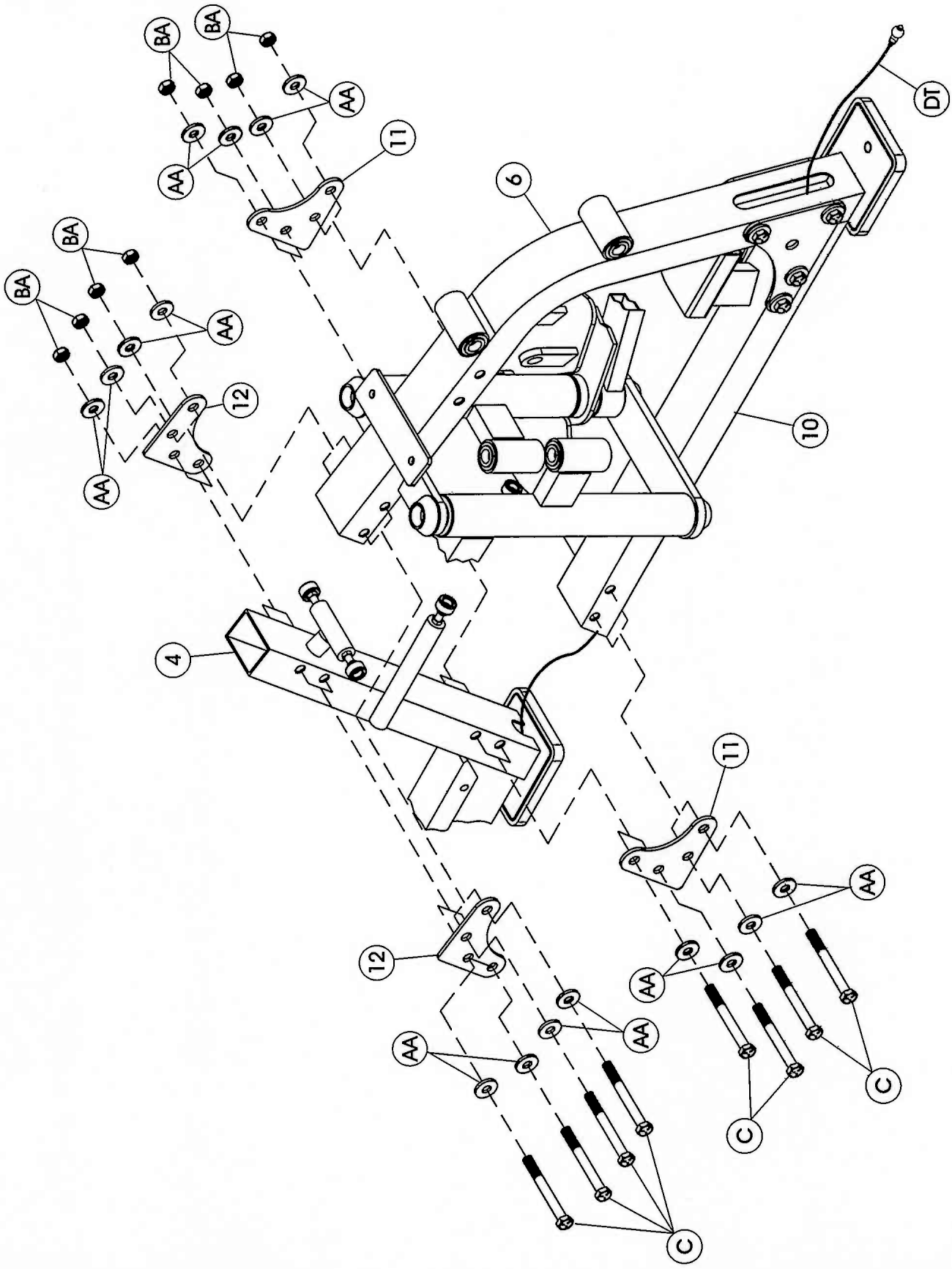
Continue assembly by attaching (10) to (4) with two (11)'s. Then attach (6) to (4) with two (12)'s. *Wrench Tighten* bolts *NOTE: Wrench Tighten* the four nuts holding (15) and (18) to both (6) and (10) then turn the nuts back just enough so that each component rotates freely.

## Part Descriptions

4 - Front Seat Frame
6 - Rear Seat Frame
10 - Seat Frame Base
11 - Gusset Plate
12 - Gusset Plate

## Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Screw (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
DT - Hd1800 Inner/Outer Thigh Cable


BA
BA
AA
AA
11
6
DT
BA
BA
AA
12
AA
10
4
11
12
AA
AA
AA
AA
C
C
C

# Step 2g

FRAME ASSEMBLY

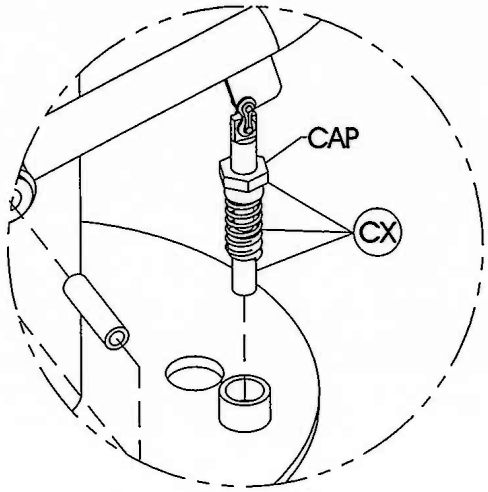
Continue assembly by attaching (31) to (18). Insert (CX) into the housing in (18), thread Cap in place. Attach two (32)'s to (18), and two (32)'s to (15). *Wrench Tighten* all bolts.

## Part Descriptions

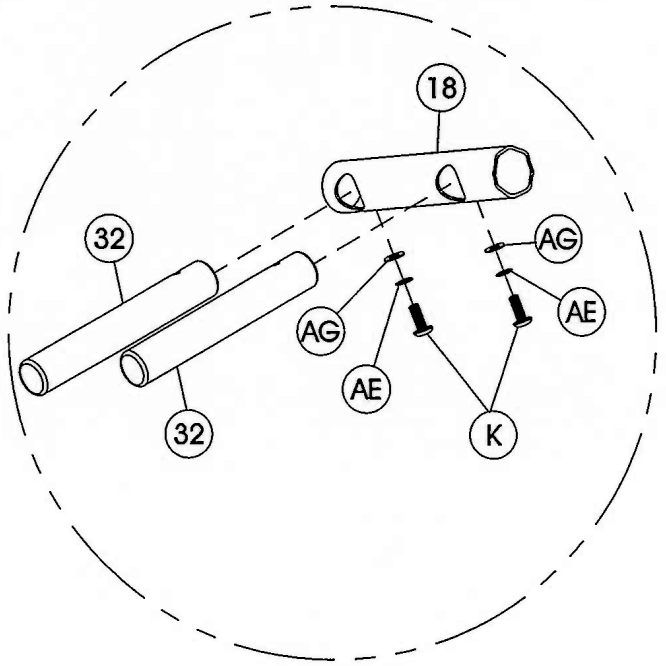
15 - Left Movement Arm
18 - Right Movement Arm
30 - 1/2" Dia. x 1.938" lg Axle
31 - Adjuster Lever
32 - Foot Rest Rod

## Hardware Descriptions

J - 3/8"-16UNC x 1" Flat Head Cap Screw
K - 3/8"-16UNC x 1" Button Head Bolt (WZ)
AE - 3/8" Lock Washer
AG - Dia. 20mm x Dia. 10.1mm x 1.0mm T

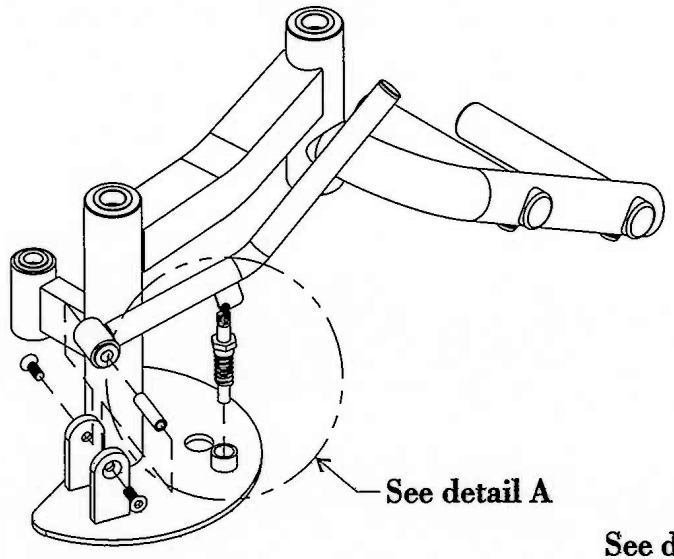


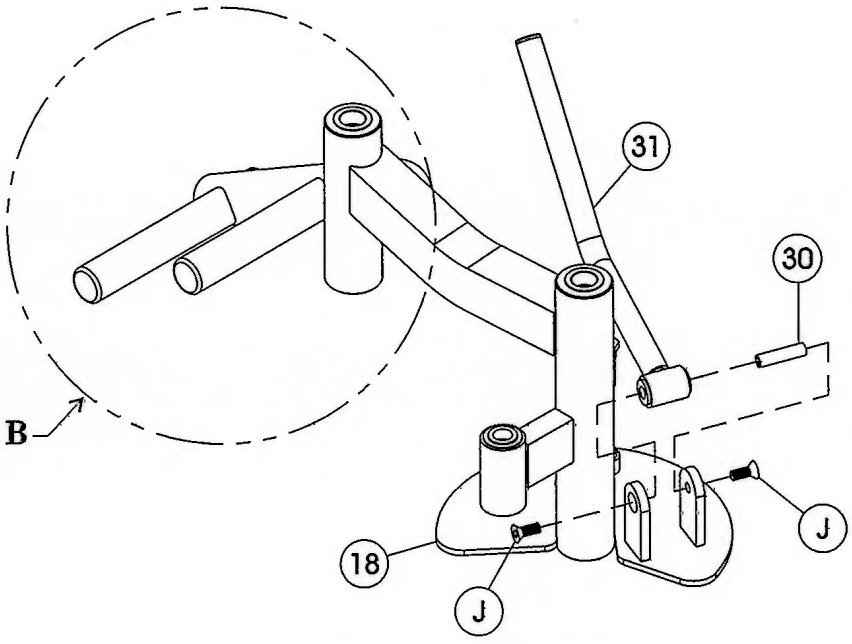

**Detail -A-**




**Detail -B-**

**Repeat step on**
**Left Movement Arm (15)**



# Step 2h

FRAME ASSEMBLY

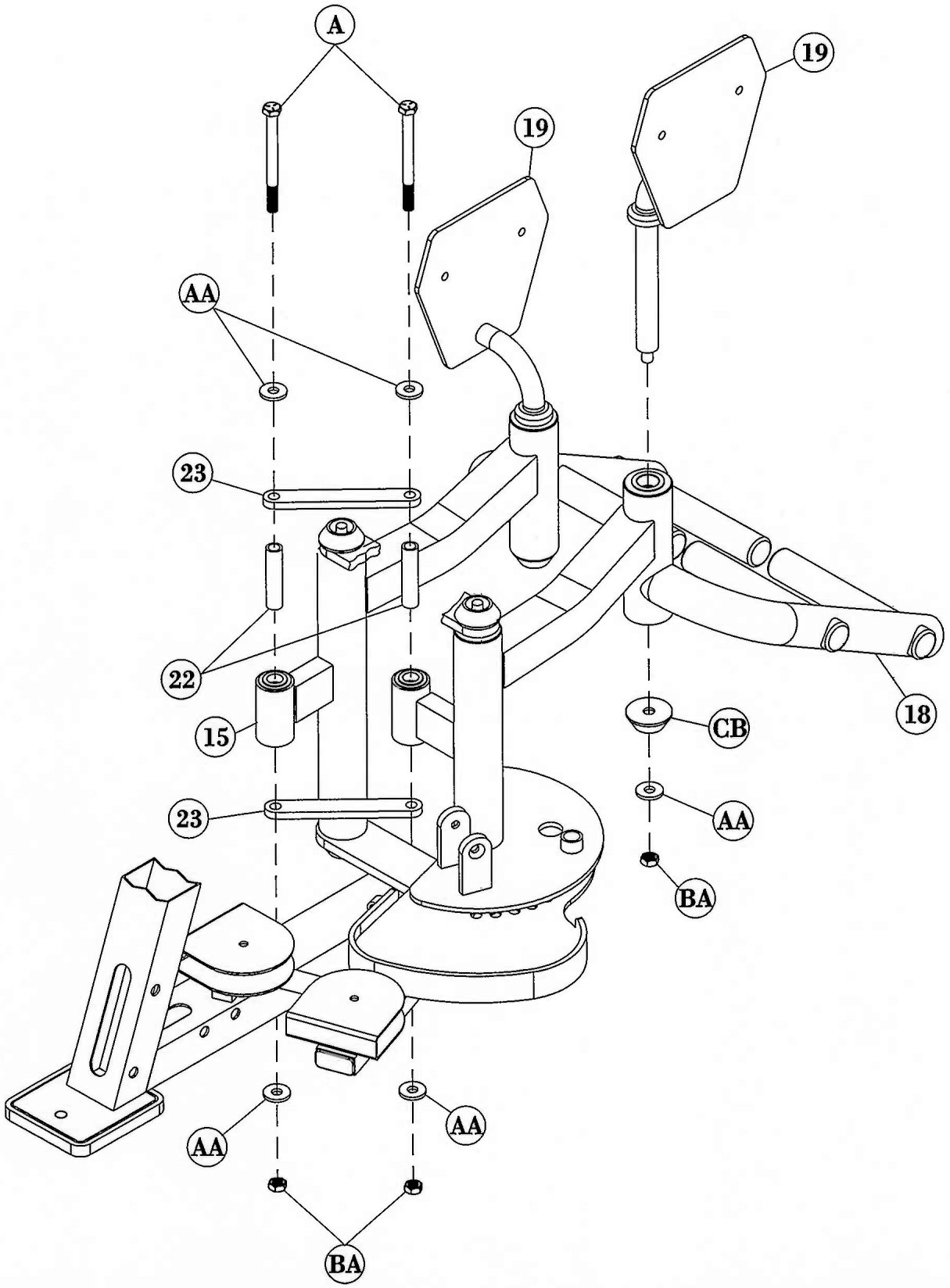
Continue assembly by attaching two (23)'s to (15) and (18). Attach one (19) to (15) and another (19) to (18). *Wrench Tighten* all nuts and bolts then turn the nuts back just enough so that all pivots rotate freely.

## Part Descriptions

15 - Left Movement Arm
18 - Right Movement Arm
19 - Swivel Pad Mount
22 - .75 Dia. x 3.30 LG Axle
23 - Arm to Arm Link

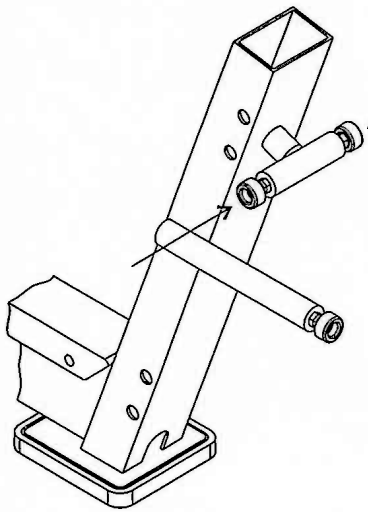
## Hardware Descriptions

A - 1/2"-13UNC x 4 3/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CB - Aluminum Bolt on Cap


A
19
19
AA
23
22
15
23
AA
AA
BA
CB
AA
BA
18

# Step 2i

## LEG ADJUSTMENT



**Step 1**

Adjust stops in as far as possible. They will be adjusted again in step 3.

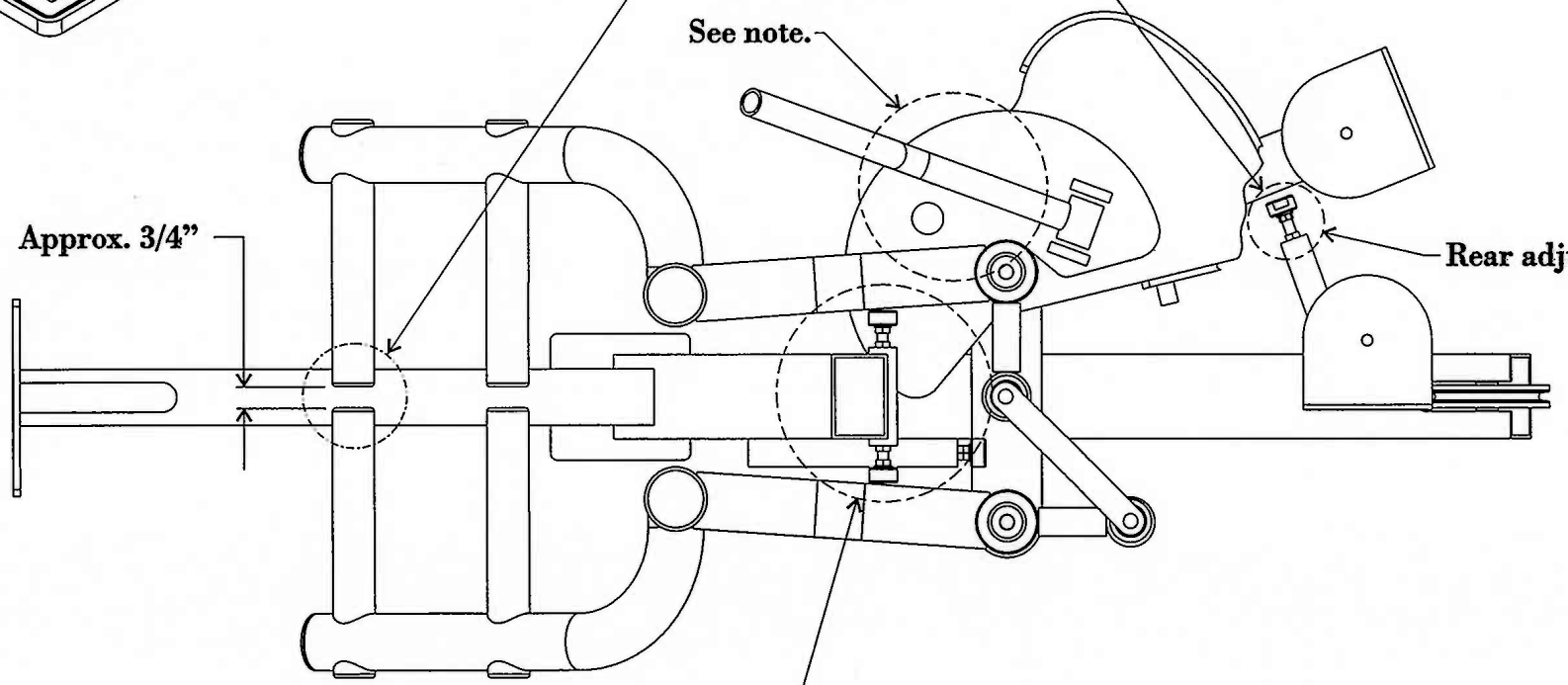
**Step 2**

Adjust this adjustable bumper until foot rests are approx. 3/4" apart.

See note.

Approx. 3/4"

Rear adjuster.



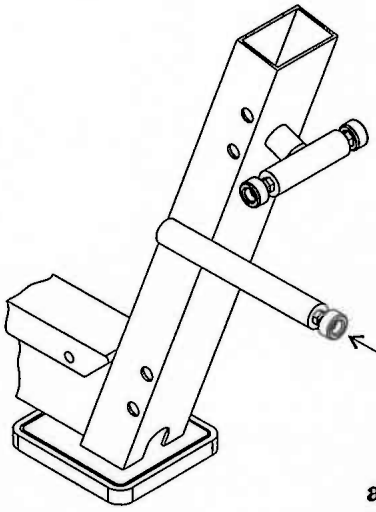
**Step 3**

Once the rear bumper is adjusted to where the legs are approx. 3/4" apart, adjust the two side bumpers till they are just shy of coming in contact with the legs.

**NOTE: After Adjusting stops, ensure the pull pin easily engages into setting #1. Once confirmed that all stops are properly adjusted, lock in place by tightening each stops jam nuts.**

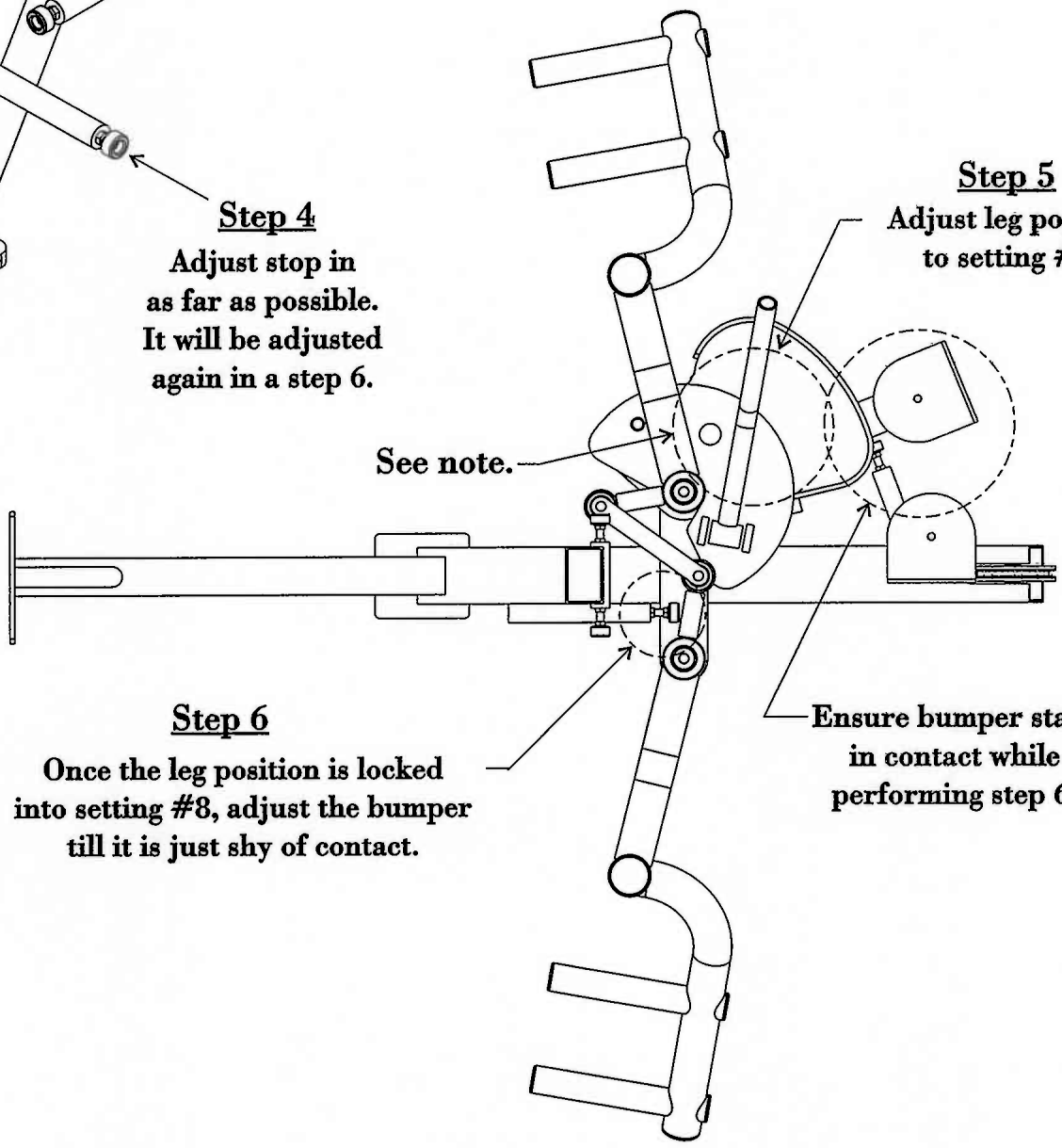
# Step 2i (cont.)

## LEG ADJUSTMENT



**Step 4**

**Adjust stop in as far as possible. It will be adjusted again in a step 6.**



**Step 5**

**Adjust leg position to setting #8.**

**See note.**

**Step 6**

**Once the leg position is locked into setting #8, adjust the bumper till it is just shy of contact.**

**Ensure bumper stays in contact while performing step 6.**

**NOTE: After Adjusting stops, ensure the pull pin easily engages into setting #8. Once confirmed that all stops are properly adjusted, lock in place by tightening each stops jam nuts.**

# Step 2j

FRAME ASSEMBLY

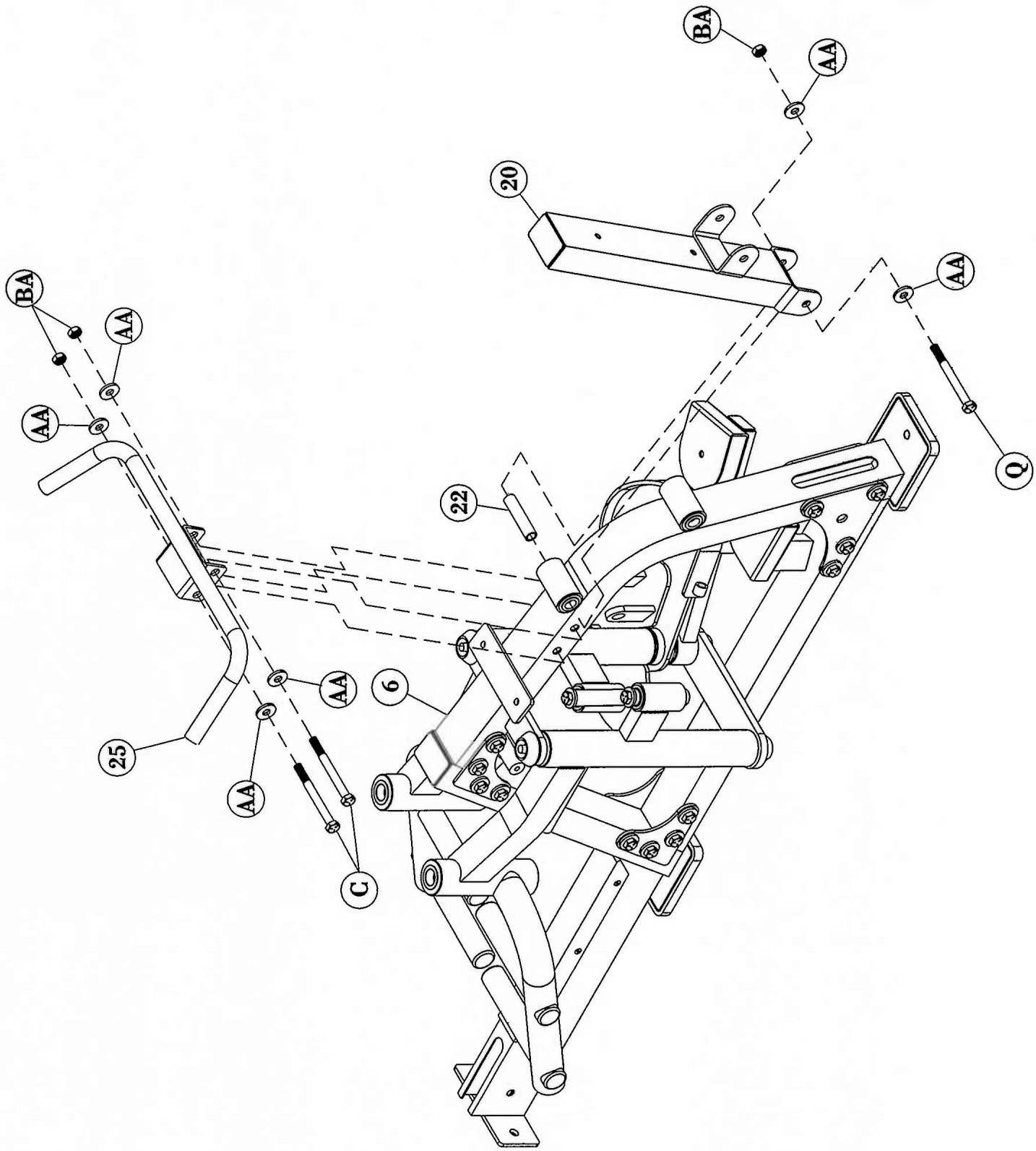
Continue assembly by attaching (25) to (6). *Wrench Tighten* all bolts. Attach (20) to (6). *Wrench Tighten* the bolt holding (20) to (6) then turn the nuts back just enough so that (20) rotates freely.

## Part Descriptions

6 - Rear Seat Frame
20 - Pivotal Pad Mount
22 - .75 Dia. x 3.30 LG Axle
25 - Handle Assembly

## Hardware Descriptions

C - 1/2"-13UNC x 4" Hex Head Bolt (WZ)
Q - 1/2"-13UNC x 4 1/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut


BA
AA
20
AA
BA
AA
AA
Q
22
AA
6
25
AA
C

# Step 2k

FRAME ASSEMBLY

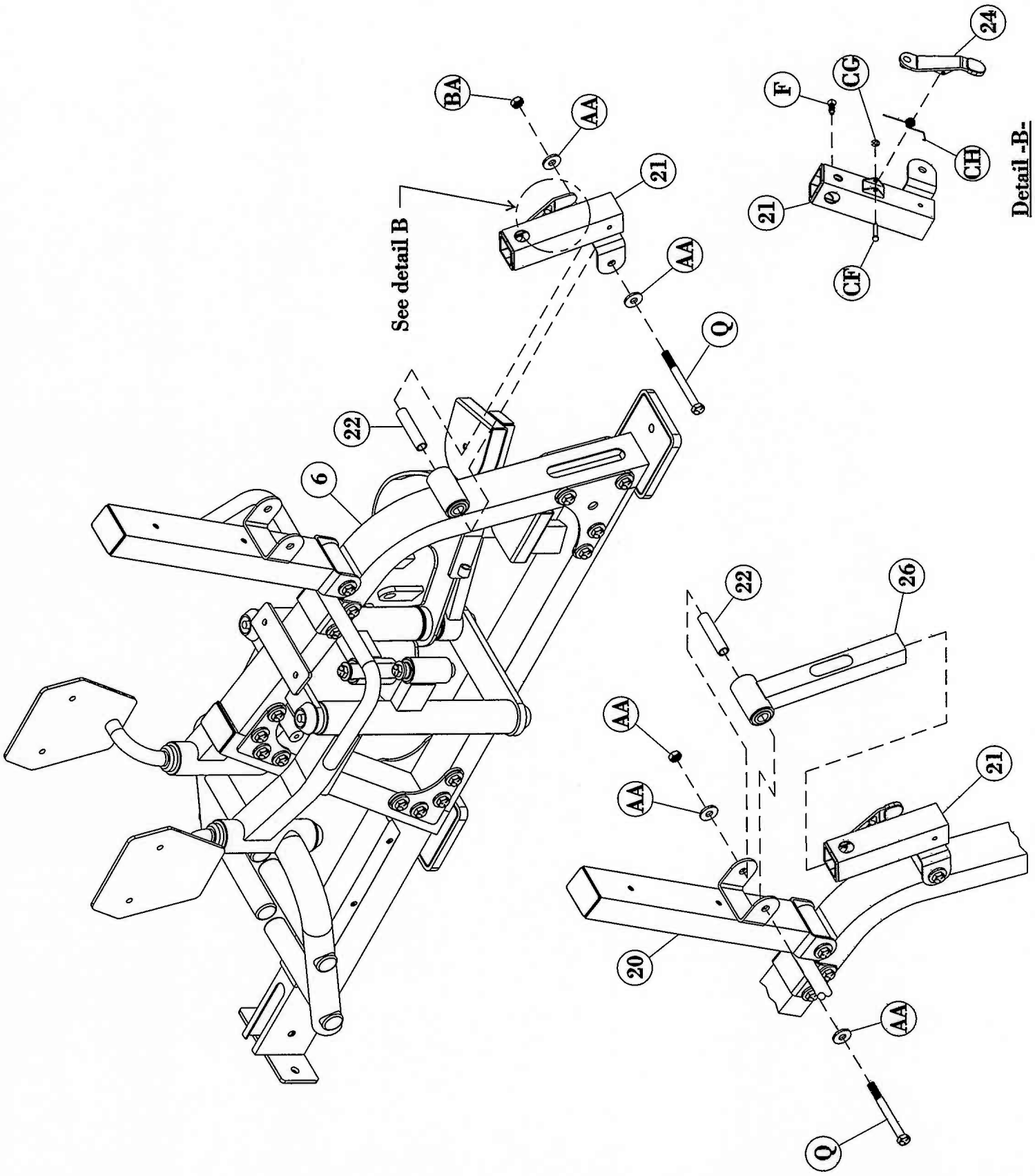
Continue assembly by attaching (21) to (6). Insert (26) into (21), then attach (26) to (20). *Wrench Tighten* bolts then turn the nuts back just enough so that each pivot rotates freely.

## Part Descriptions

6 - Rear Seat Frame
20 - Pivotal Pad Mount
21 - Adjuster Receiver
22 - .75 Dia. x 3.30 LG Shaft
24 - Latch Assembly
26 - Back Rest Adjuster

## Hardware Descriptions

F - 3/8"-16UNC x 3/4" Square Head Set Screw
Q - 1/2"-13UNC x 4 1/4" Hex Head Bolt (WZ)
AA - 1/2" Flat Washer
BA - 1/2" Nylok Nut
CF - Latch Pin
CG - C-Clip
CH - Latch Spring

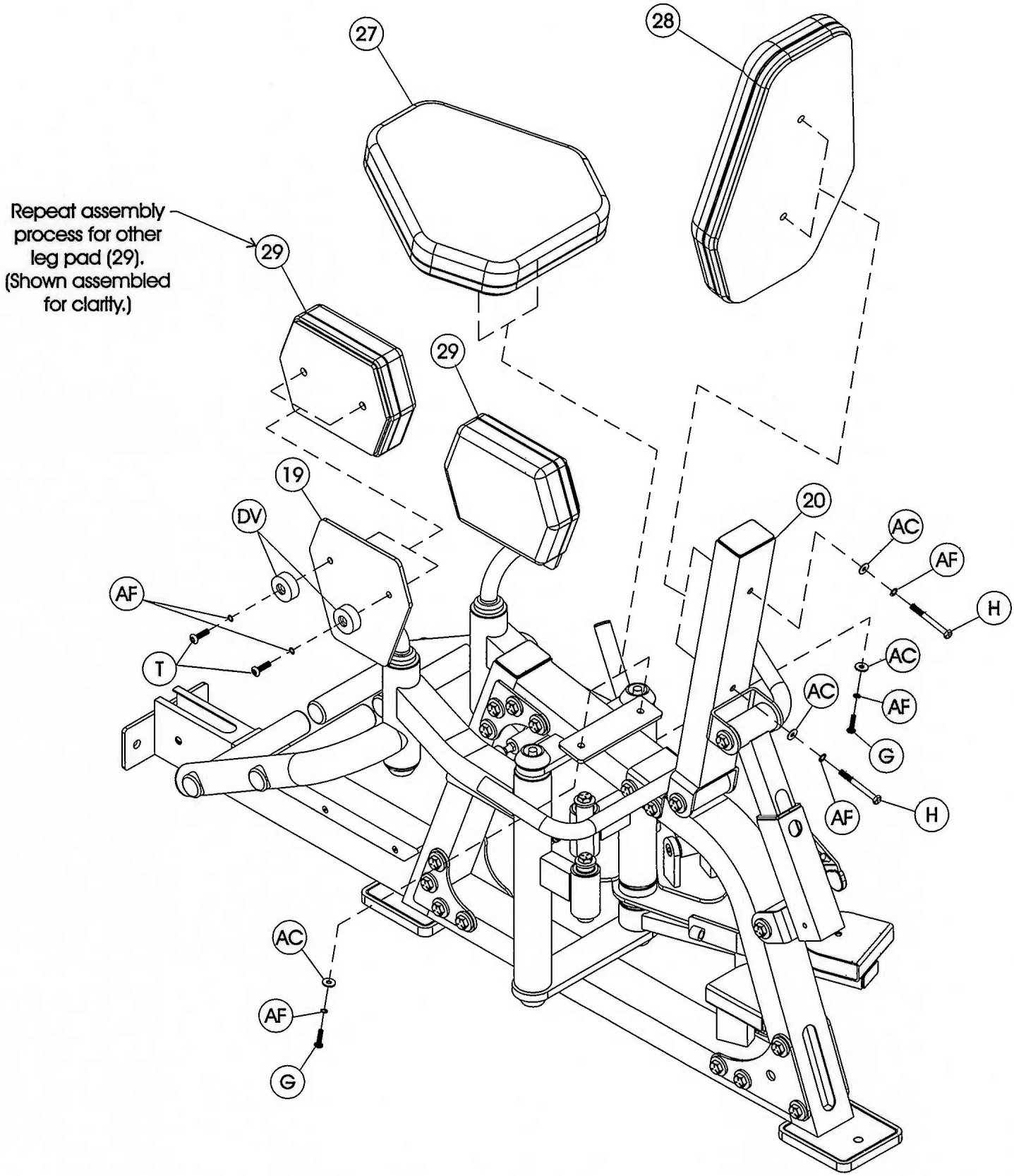

BA
AA
21
See detail B
AA
Q
22
6
24
F
CG
CH
21
CF
Detail -B-
22
26
AA
AA
21
20
AA
Q

# Step 21

FRAME ASSEMBLY

Continue assembly by attaching the Upholstered Pads (27), (28), and both (29)'s as shown. *Wrench Tighten* all bolts.

| Part Descriptions | Hardware Descriptions |
|---|---|
| 19 - Swivel Pad Mount | G - 5/16"-18UNC x 1 1/4" Button Head Bolt (WZ) |
| 20 - Pivotal Pad Mount | H - 5/16"-18UNC x 3" Hex Head Bolt (WZ) |
| 27 - Upholstery | T - 5/16"- 18UNC x 1 1/2" Button Head Bolt (WZ) |
| 28 - Upholstery | AC - 5/16" Flat Washer |
| 29 - Upholstery | AF - 5/16" Lock Washer |
| | DV - Bumper Dia. 37.7mm x Dia. 8.00mm x 15.5mm H |


27
28
Repeat assembly process for other leg pad (29). (Shown assembled for clarity.)
29
29
19
DV
20
AC
AF
H
AF
T
AC
AC
AF
G
AF
H
AC
AF
G

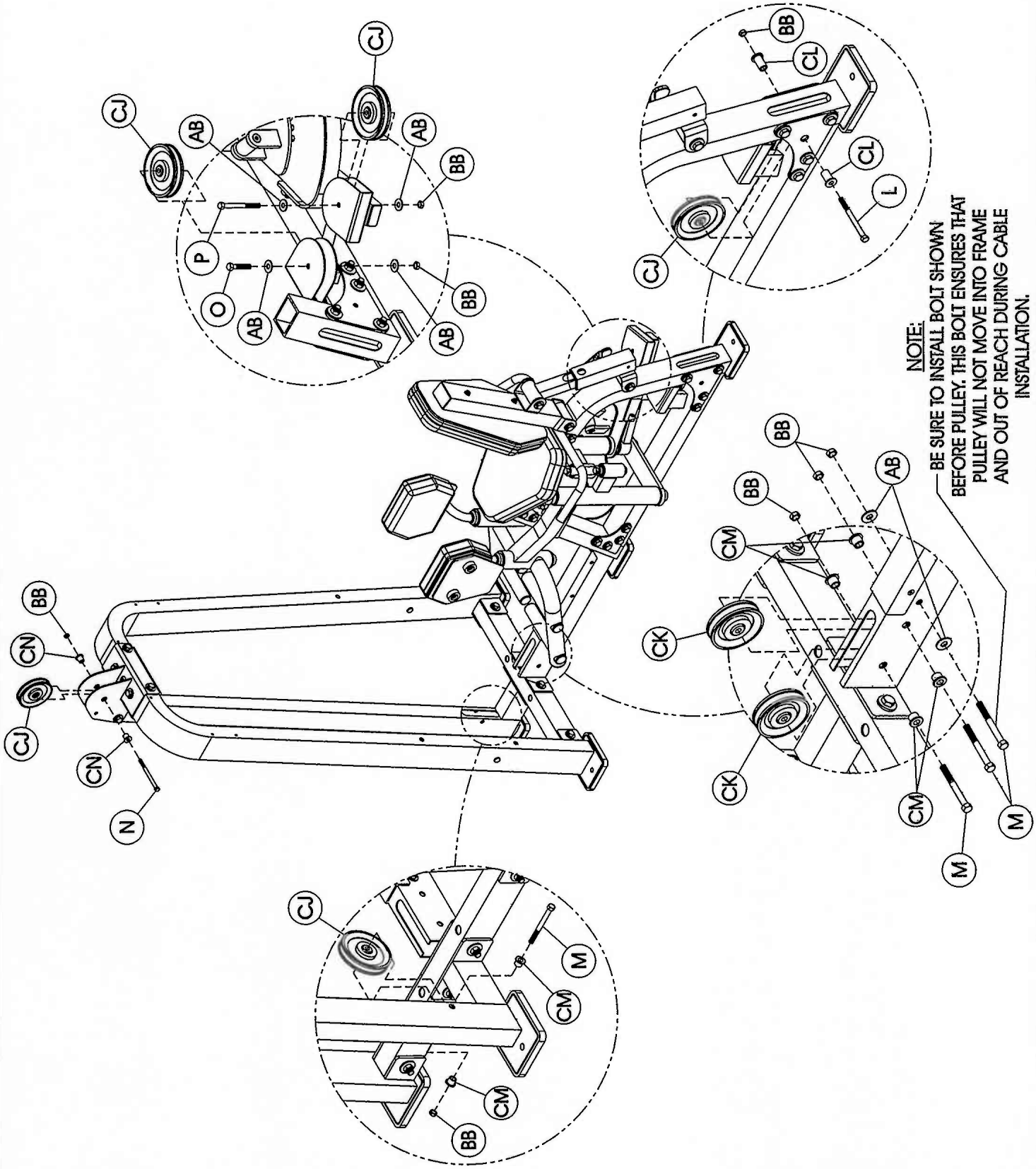
# Step 2m

FRAME ASSEMBLY

The following page shows each pulleys location and the hardware used to install it. When installing each pulley refer to the Cable Installation diagram on page 32 to ensure the cable is routed properly around each pulley and is on the correct side of any cable guard pins or bolts. *Wrench Tighten* all bolts.

## Hardware Descriptions

L - 3/8"-16UNC x 4" Hex Head Bolt (WZ)
M - 3/8"-16UNC x 2 1/2" Hex Head Bolt (WZ)
N - 3/8"-16UNC x 3" Hex Head Bolt (WZ)
O - 3/8"-16UNC x 1 3/4" Hex Head Bolt (WZ)
P - 3/8"-16UNC x 3 1/4" Hex Head Bolt (WZ)
AB - 3/8" Flat Washer
BB - 3/8" Nylok Nut
CJ - 4 1/2" Pulley
CK - 3 1/2" Pulley
CL - 1 3/16" Heavy Flanged Spacer
CM -1/2" Flanged Spacer
CN - 11/16" Flanged Spacer

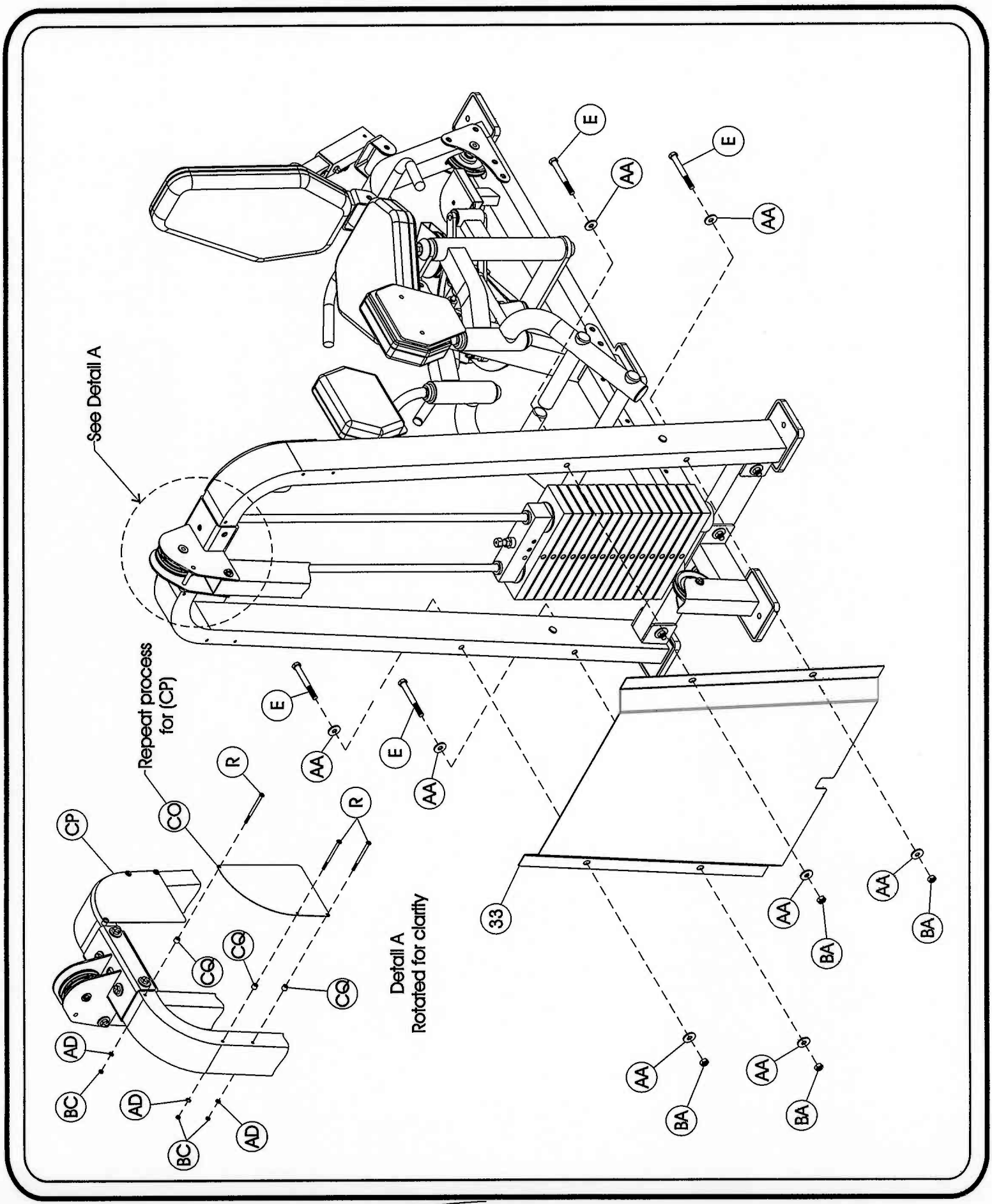

CJ
AB
BB
P
O
CL
L
NOTE:
BE SURE TO INSTALL BOLT SHOWN
BEFORE PULLEY. THIS BOLT ENSURES THAT
PULLEY WILL NOT MOVE INTO FRAME
AND OUT OF REACH DURING CABLE
INSTALLATION.
CM
CK
M
CN
N

# Step 4

## SHIELD ASSEMBLY

Continue assembly by attaching the shield (33) and the two placards (CO) and (CP) as shown. *Wrench Tighten* all bolts.

| Part Descriptions | Hardware Descriptions |
|---|---|
| 33 - Shield | E - 1/2"-13UNC x 4 1/2" Hex Head Bolt (WZ) |
| | R - 1/4"-20UNC x 5" Button Head Bolt (WZ) |
| | AA - 1/2" Flat Washer |
| | AD - 1/4" Flat Washer |
| | BA - 1/2" Nylok Nut |
| | BC - 1/4" Nylok Nut |
| | CO - HD1800 Placard (Left) |
| | CP - HD1800 Placard (Right) |
| | CQ - White Spacer |


See Detail A
Repeat process for (CP)
Detail A
Rotated for clarity
E
AA
BA
R
CO
CP
AD
BC
33

# IMPORTANT NOTICE

Now that the HD1800 Inner/Outer Thigh machine is completely assembled, take time to assure that your unit is assembled square and perpendicular. To check this, use a level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions, it will be necessary to loosen some frame hardware to re-align the frame and re-tighten bolts.

# Step 5

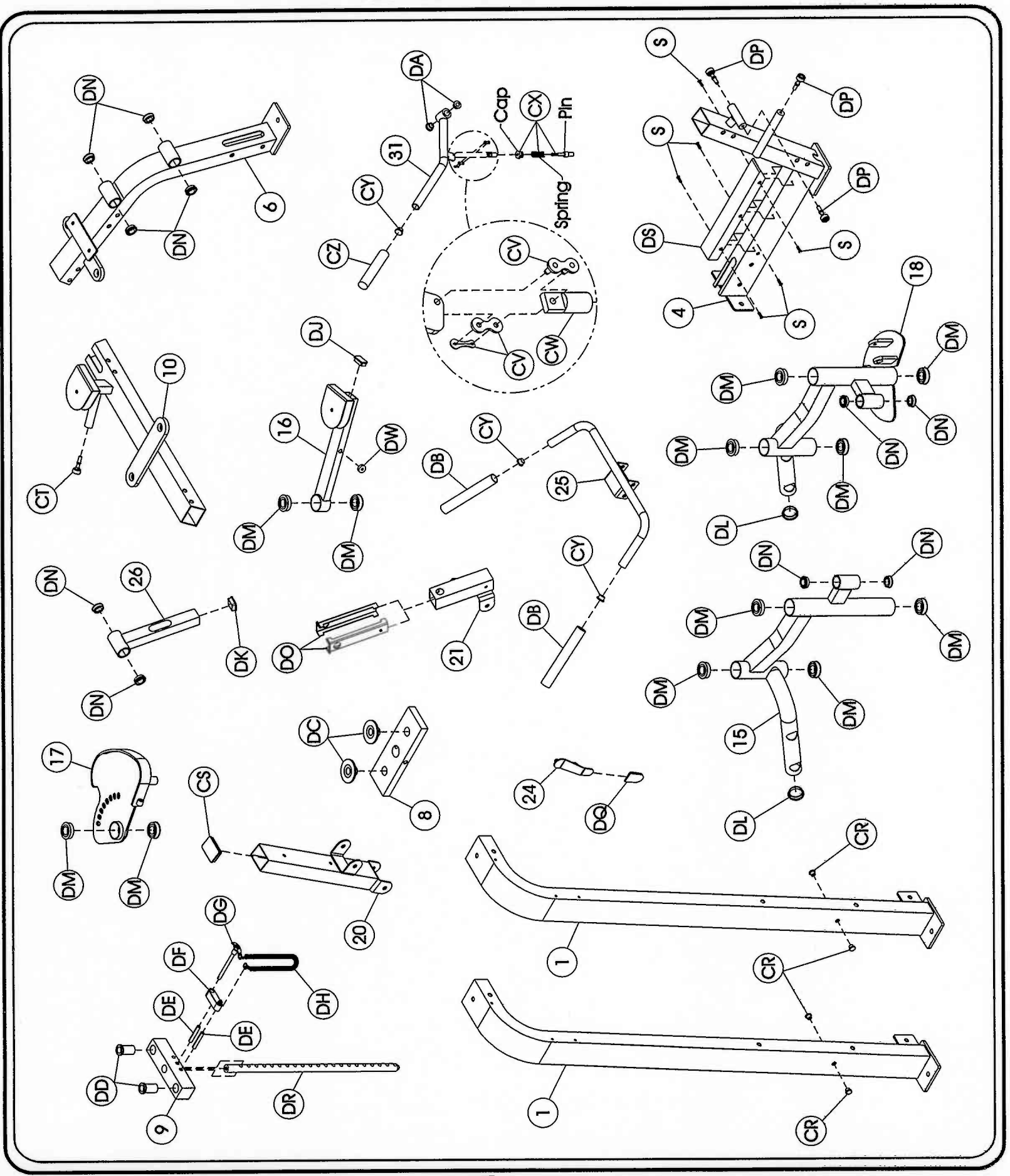
PRE-ASSEMBLY

## Part Descriptions

1 - Weight Frame Upright
4 - Front Seat Frame
6 - Rear Seat Frame
8 - 12 1/2 Lb Intermediate Weight
9 - 8 1/4 Lb Top Weight
10 - Seat Frame Base
15 - Left Movement Arm
16 - Resistance Arm
17 - Cam
18 - Right Movement Arm
20 - Pivotal Pad Mount
21 - Adjuster Receiver
24 - Latch Assembly
25 - Handle Assembly
26 - Back Rest Adjuster
31 - Adjuster Lever

## Hardware Descriptions

S - #10-32 x 1/2" L Flathead Self Tapping Screw (BZ)
CR - Plug
CS - Elliptical End Cap
CT - Adjustable Bumper
CV - Master Link
CW - Pull Pin to Chain Link Connector
CX - 1/2" Short Pull Pin
CY - Round End Cap 1" Dia.
CZ - Closed End Foam Grip (Red)
DA - Flanged Spacer
DB - Closed End Foam Grip (Black)
DC - Bushing
DD - Guide Rod Bushing
DE - 7/16" Roll Pin
DF - Lanyard/Selector Pin Stand Off
DG - Selector Pin
DH - Lanyard Coil
DJ - End Cap 25mm x 50mm
DK - 1 1/2" x 1 1/2" End Cap
DL - 2" Dia. End Cap
DM - 1" Flanged Ball Bearing
DN - 3/4" Flanged Bearing
DO - Ez Guide Sleeve
DP - Adjustable Stop
DQ - Latch Thumb Pad
DR - 16 Plate Selector Stem
DS - Protection Cover
DW - Plug Bumper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DN
DA
Cap
CX
Pin
31
CY
Spring
CZ
CV
CV
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DP
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4
S
18
DM
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DM
DM
DC
8
CS
20
24
DQ
CR
1
CR
DG
DF
DH
DE
DE
DD
DR
9
1
CR

# PART LISTING

| Key # | Qty. | Part Number | Description |
|---|---|---|---|
| 1 | 2 | 026-01X0864 | Weight Frame Upright |
| 2 | 1 | 026-01X0866 | Top Pulley Mount |
| 3 | 1 | 026-01T0545 | Weight Stack Mount |
| 4 | 1 | 026-01X0955 | Front Seat Frame |
| 5 | 1 | 026-01X0865 | Rear Upright |
| 6 | 1 | 026-01X0957 | Rear Seat Frame |
| 7 | 2 | 026-01G0159 | Guide Rod |
| 8 | 15 | 26-STD-SW101 | 12 1/2 LB Intermediate Weight |
| 9 | 1 | 026-1300034 | 8 1/4 LB Top Plate |
| 10 | 1 | 026-01X0956 | Seat Frame Base |
| 11 | 2 | 026-01P0919 | Gusset Plate |
| 12 | 2 | 026-01P0918 | Gusset Plate |
| 13 | 2 | 026-01P0956 | Gusset Plate |
| 14 | 2 | 026-01M0561 | Threaded Rod |
| 15 | 1 | 026-01X0960 | Left Movement Arm |
| 16 | 1 | 026-01X0963 | Resistance Arm |
| 17 | 1 | 026-01X0962 | Cam |
| 18 | 1 | 026-01X0959 | Right Movement Arm |
| 19 | 2 | 026-01X0961 | Swivel Pad Mount |
| 20 | 1 | 026-011007 | Pivotal Pad Mount |
| 21 | 1 | 026-01X1008 | Adjuster Receiver |
| 22 | 5 | 026-01M0576 | .75 Dia. x 3.30 LG Axle |
| 23 | 2 | 026-01P0923 | Arm to Arm Link |
| 24 | 1 | 026-01X0158 | Latch Assembly |
| 25 | 1 | 026-01X0995 | Handle Assembly |
| 26 | 1 | 026-01X1009 | Back Rest Adjuster |
| 27 | 1 | 022-01PD0050 | Seat Upolstery |
| 28 | 1 | 022-01PD0040 | Back Upolstery |
| 29 | 2 | 022-01PD0051 | Leg Upolstery |
| 30 | 1 | 026-01M0386 | 1/2" Dia. CRS x 1.938 LG |
| 31 | 1 | 026-01X0964 | Adjuster Lever |
| 32 | 4 | 026-01M0565 | Foot Rest Rod |
| 33 | 1 | 026-1100089 | Shield |

# HARDWARE LISTING

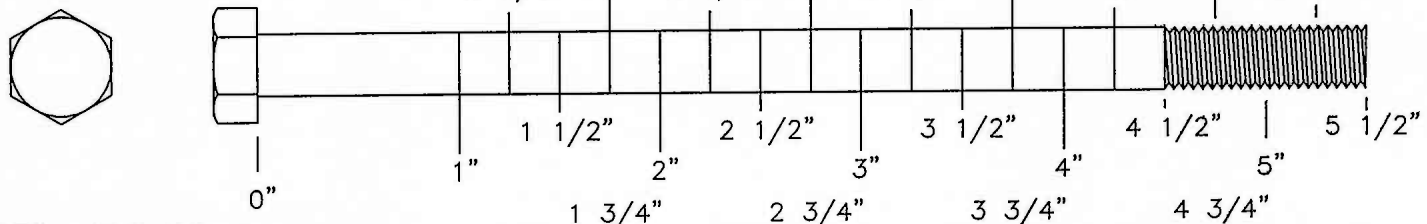
| Key # | Qty. | Part Number | Description |
|---|---|---|---|
| A | 4 | | 1/2"-13UNC x 4 3/4" Hex Bolt (WZ) |
| B | 5 | 011-0101019 | 1/2"-13UNC x 3" Hex Bolt (WZ) |
| C | 14 | | 1/2"-13UNC x 4" Hex Bolt (WZ) |
| D | 2 | | 1/2"-13UNC x 3 1/4" Hex Bolt (WZ) |
| E | 4 | | 1/2"-13UNC x 4 1/2" Hex Bolt (WZ) |
| F | 1 | 26-STD-05-0234 | 3/8"-16UNC x 3/4" Square Head Set Screw |
| G | 2 | 011-0101062 | 5/16"-18UNC x 1 1/4" Button Head (WZ) |
| H | 2 | | 5/16"-18UNC x 3" Hex Head (WZ) |
| J | 2 | | 3/8"-16UNC x 1" Flat Head Cap Screw (WZ) |
| K | 4 | | 3/8"-16UNC x 1" Button Head Bolt (WZ) |
| L | 1 | | 3/8"-16UNC x 4" Hex Bolt (WZ) |
| M | 4 | | 3/8"-16UNC x 2 1/2" Hex Head (WZ) |
| N | 1 | | 3/8"-16UNC x 3" Hex Head (WZ) |
| O | 1 | | 3/8"-16UNC x 1 3/4" Hex Head (WZ) |
| P | 1 | | 3/8"-16UNC x 3 1/4" Hex Head (WZ) |
| Q | 3 | | 1/2"-13UNC x 4 1/4" Hex Bolt (WZ) |
| R | 6 | | 1/4"-20UNC x 5" Button Head (WZ) |
| S | 6 | | #10-32 x 1/2"L Flathead Self Tapping Screw (BZ) |
| T | 4 | | 5/16"-18UNC x 1 1/2" Button Head (WZ) |
| | | | |
| AA | 70 | 013-0102003 | 1/2" Washer |
| AB | 6 | 013-0002004 | 3/8" Washer |
| AC | 4 | 013-0102004 | 5/16" Washer |
| AD | 6 | 013-0002003 | 1/4" Washer |
| AE | 4 | 013-0102016 | 3/8" Lock Washer |
| AF | 8 | 013-0102017 | 5/16" Lock Washer |
| AG | 4 | | Dia. 20mm x Dia. 10.1mm x 1.0mm T |
| | | | |
| BA | 38 | 012-0105005 | 1/2" Nylok Nut |
| BB | 8 | 012-0004004 | 3/8" Nylok Nut |
| BC | 6 | 012-0104009 | 1/4" Nylok Nut |

# HARDWARE LISTING

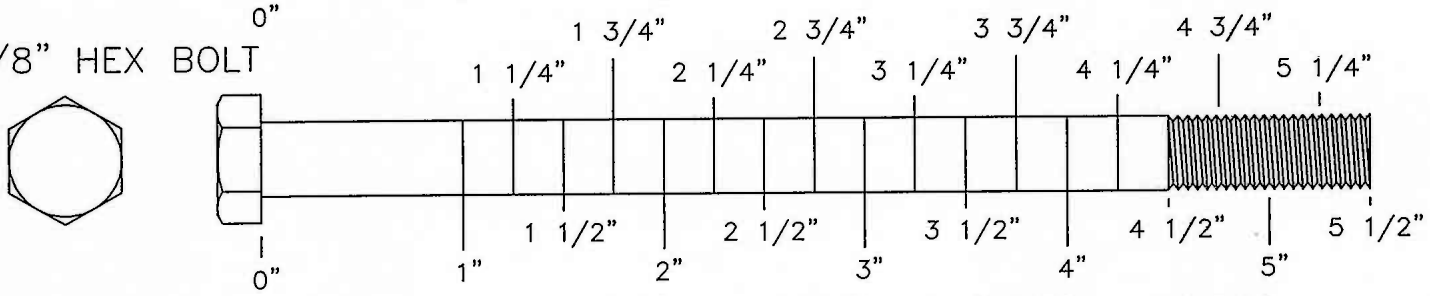
| Key # | Qty. | Part Number | Description |
|---|---|---|---|
| CA | 5 | 26-STD-06-0327 | Rubber Foot Pad |
| CB | 6 | 026-01M0519 | Aluminum Bolt on Cap |
| CC | 2 | 26-STD-06-0253 | Weight Stack Bumper |
| CD | 2 | 26-STD-06-0328 | Guide Rod Cap |
| CE | 1 | 26-STD-02-1112 | Guide Rod Top Mount |
| CF | 1 | 026-01M0309 | Latch Pin |
| CG | 1 | 014-0015001 | C-Clip |
| CH | 1 | 026-01M0503 | Latch Spring |
| CJ | 5 | 26-STD-06-0025 | 4 1/2" Pulley |
| CK | 2 | 26-STD-06-0024 | 3 1/2" Pulley |
| CL | 2 | 026-01M0577 | 1 3/16" Heavy Flanged Spacer |
| CM | 6 | 26-STD-08-0010 | 1/2" Flanged Spacer |
| CN | 2 | 026-01M0532 | 11/16" Flanged Spacer |
| CO | 1 | 021-0013102 | HD1800 Placard (Left) |
| CP | 1 | 021-0013101 | HD1800 Placard (Right) |
| CQ | 6 | 26-STD-06-0326 | White Spacer |
| CR | 4 | 26-STD-06-0329 | Plug |
| CS | 1 | 26-STD-06-0193 | Elliptical End Cap 50mm x 75mm |
| CT | 1 | 26-STD-05-0035 | Adjustable Bumper Dia. 29.5mm x 11mm H |
| CV | 1 | 20LNK-CONN43 | Master Link |
| CW | 1 | 026-01M0209 | Pull Pin to Chain Link Connector |
| CX | 1 | 026-01M0128 | 1/2" Short Pull Pin |
| CY | 3 | 26-STD-06-0066` | Round End Cap 1" Dia. |
| CZ | 1 | | Closed End Foam Grip ID. 25.4mm x 205mm (Red) |
| DA | 2 | 26-STD-08-0061 | Flanged Spacer |
| DB | 2 | | Closed End Foam Grip ID. 25.4mm x 230mm (Black) |
| DC | 30 | 026-01W0122 | Bushing |
| DD | 2 | 026-01PL134 | Guide Rod Bushing |
| DE | 2 | | 7/16" Roll Pin x 2 3/4" LG |
| DF | 1 | 026-01PL291 | Lanyard/Selector Pin Stand Off |
| DG | 1 | 026-01M0134 | Selector Pin |
| DH | 1 | 010-0008001 | Lanyard Coil |
| DJ | 1 | 26-STD-06-0055 | End Cap 25mm x 50mm |
| DK | 1 | 016-0101008 | 1 1/2" x 1 1/2" End Cap |
| DL | 2 | 26-STD-06-0163 | 2" Dia. End Cap |
| DM | 12 | 014-0009007 | 1" Flanged Ball Bearing |
| DN | 10 | 014-0005001 | 3/4" Flanged Bearing |
| DO | 2 | 026-01PL125 | Ez Guide Sleeve |
| DP | 3 | 26-STD-05-0035 | Adjustable Bumper Dia. 23mm x 21.5mm H |
| DQ | 1 | 026-01PL239 | Latch Thumb Pad |
| DR | 1 | 026-01W0111 | 16 Plate Selector Stem |
| DS | 1 | 26-STD-900109 | Protection Cover |
| DT | 1 | 010-01C249T | HD1800 Inner/Outer Thight Cable |
| DV | 4 | 26-STD-06-0334 | Bumper Dia. 37.7mm x Dia 8.0mm x 15.5 H |
| DW | 1 | | Plug Bumper |
| DX | 1 | 026-01M0199 | Quick Release Cable Lock |

# OWNERS
## MANUAL
## BOLT SIZING CHART

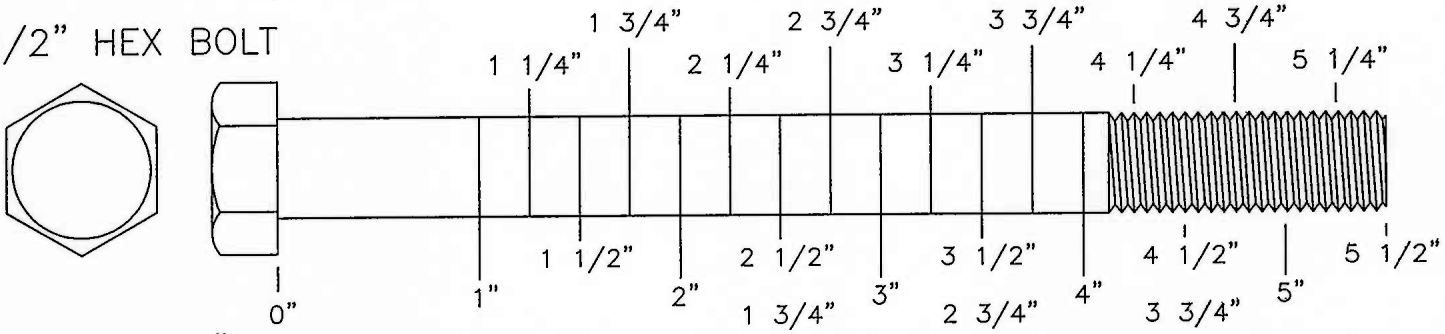
5/16" HEX BOLT



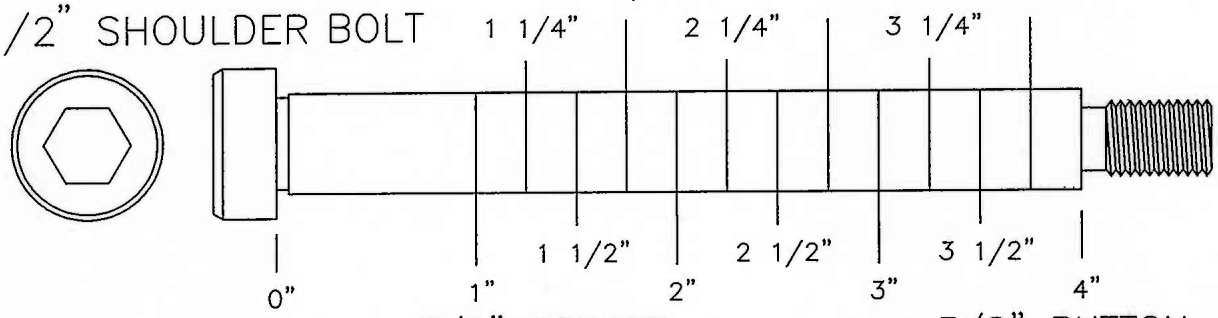

3/8" HEX BOLT



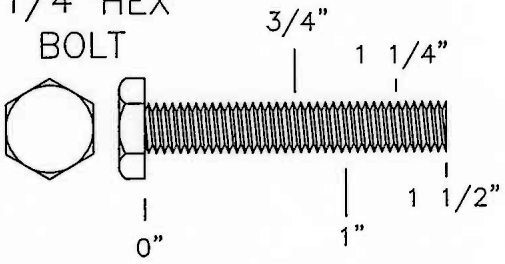

1/2" HEX BOLT



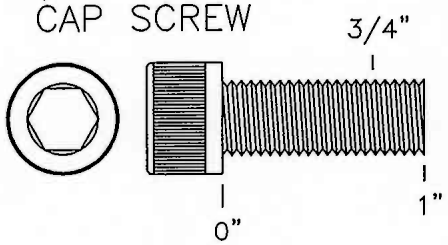

1/2" SHOULDER BOLT



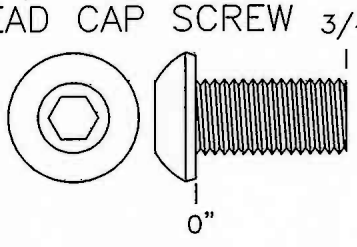

1/4" HEX BOLT



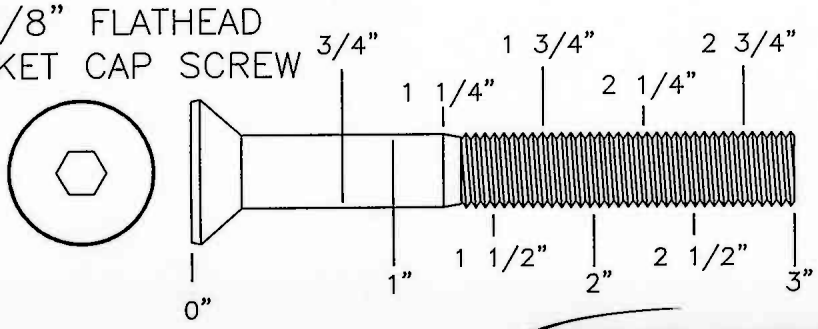

3/8" SOCKET CAP SCREW



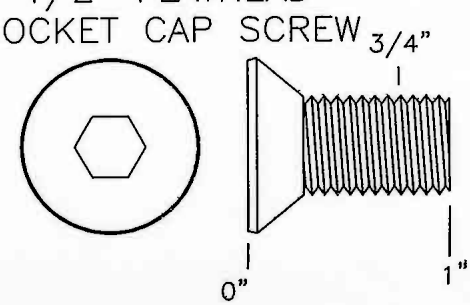

3/8" BUTTON HEAD CAP SCREW




3/8" FLATHEAD SOCKET CAP SCREW

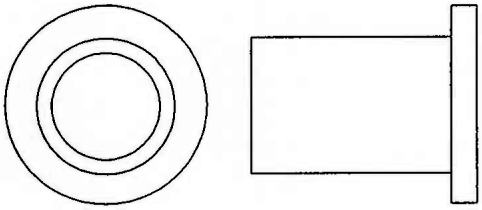



1/2" FLATHEAD SOCKET CAP SCREW

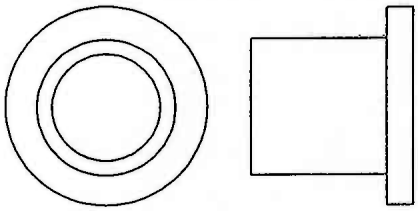


# WASHER SIZING CHART

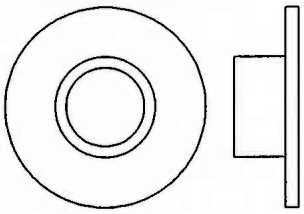
1" LONG HEAVY FLANGED SPACER



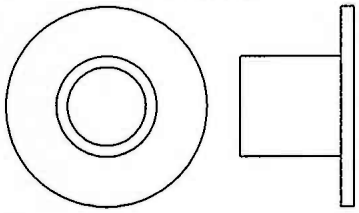
11/16" LONG HEAVY FLANGED SPACER



1/4" LONG FLANGED SPACER

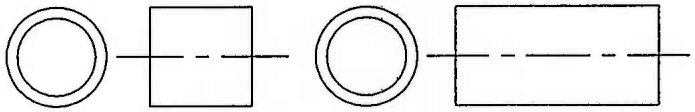


1/2" LONG FLANGED SPACER

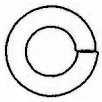


1/2" LONG SPACER

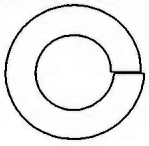
1" LONG SPACER



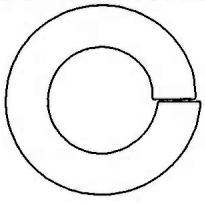
1/4" LOCK WASHER



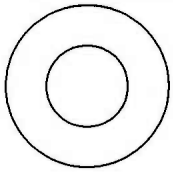
3/8" LOCK WASHER



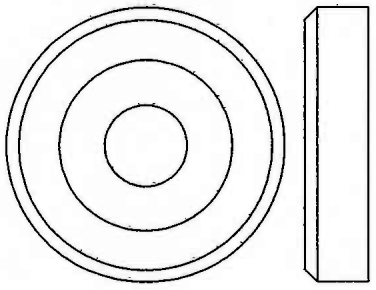
1/2" LOCK WASHER



5/16" FLAT WASHER

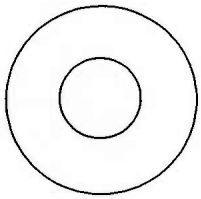


1 3/8" ALUMINUM FLATHEAD CAP

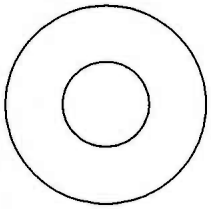


# WASHER SIZING CHART

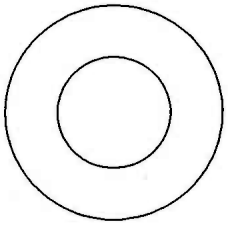
5/16"
FLAT WASHER
LARGE, USS, 25mm



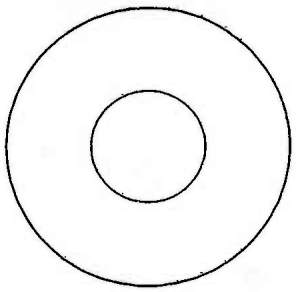
3/8"
FLAT
WASHER



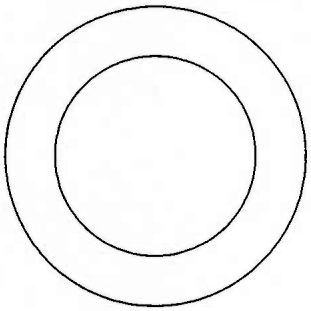
1/2"
FLAT WASHER
SMALL, SAE, 26mm



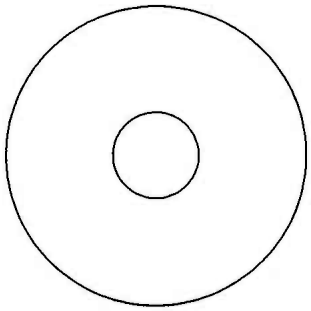
1/2"
FLAT WASHER
LARGE, USS, 34mm



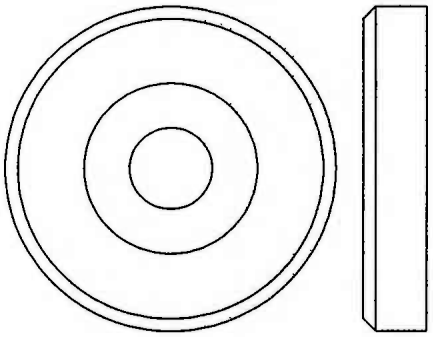
1" SHIM WASHER



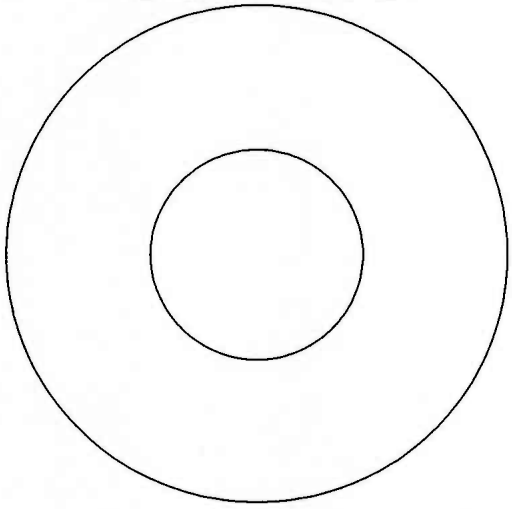
3/8" FENDER WASHER



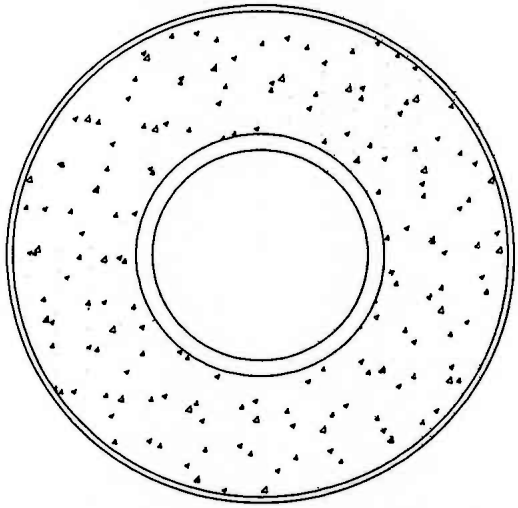
1 5/8" ALUMINUM
FLATHEAD CAP



1 1/16'
FENDER WASHER



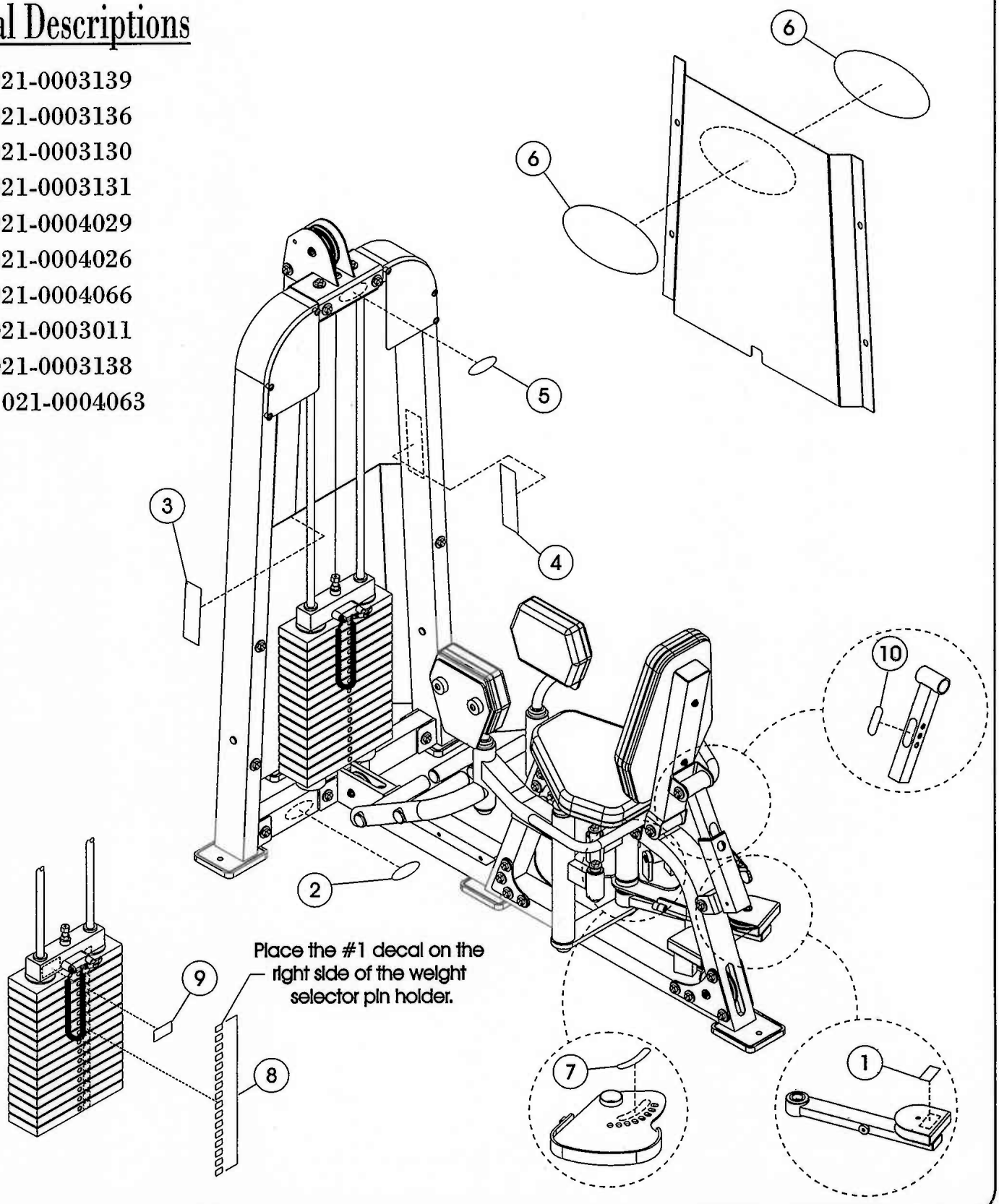
PLASTIC 1 1/16"
FENDER WASHER



# DECAL PLACEMENT

## Decal Descriptions

1 - 021-0003139
2 - 021-0003136
3 - 021-0003130
4 - 021-0003131
5 - 021-0004029
6 - 021-0004026
7 - 021-0004066
8 - 021-0003011
9 - 021-0003138
10 - 021-0004063

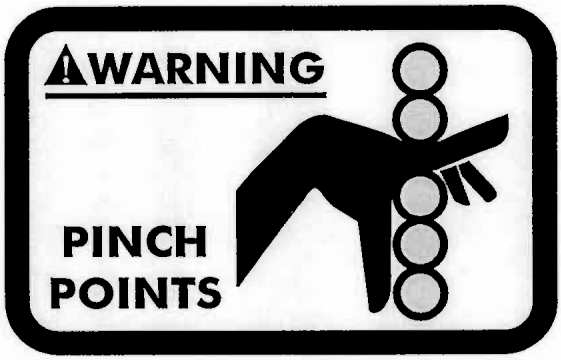


# DECAL PLACEMENT

***SERIAL # DECAL; Always refer to the number Shown on your piece of equipment when talking to customer service or ordering parts.***

021-0003136

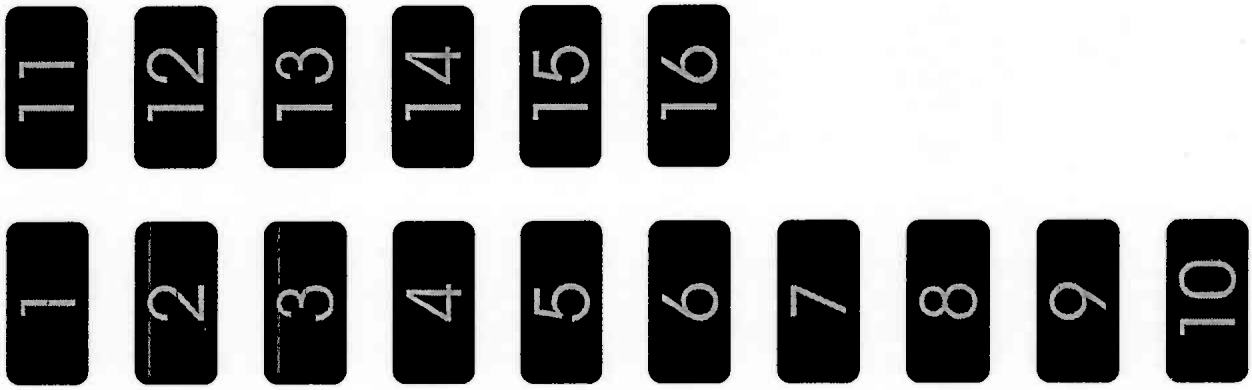
021-0004029




021-0003138

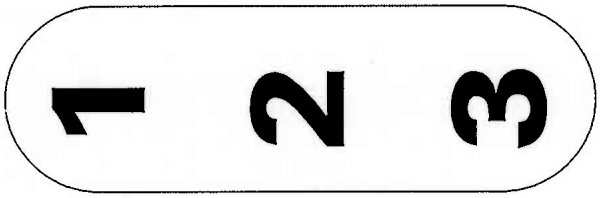
# DECAL PLACEMENT

***This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***




021-0003011

021-0003139




021-0004063

# DECAL PLACEMENT

***This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.***

## WARNING

**USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE SIMPLE RULES.**

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

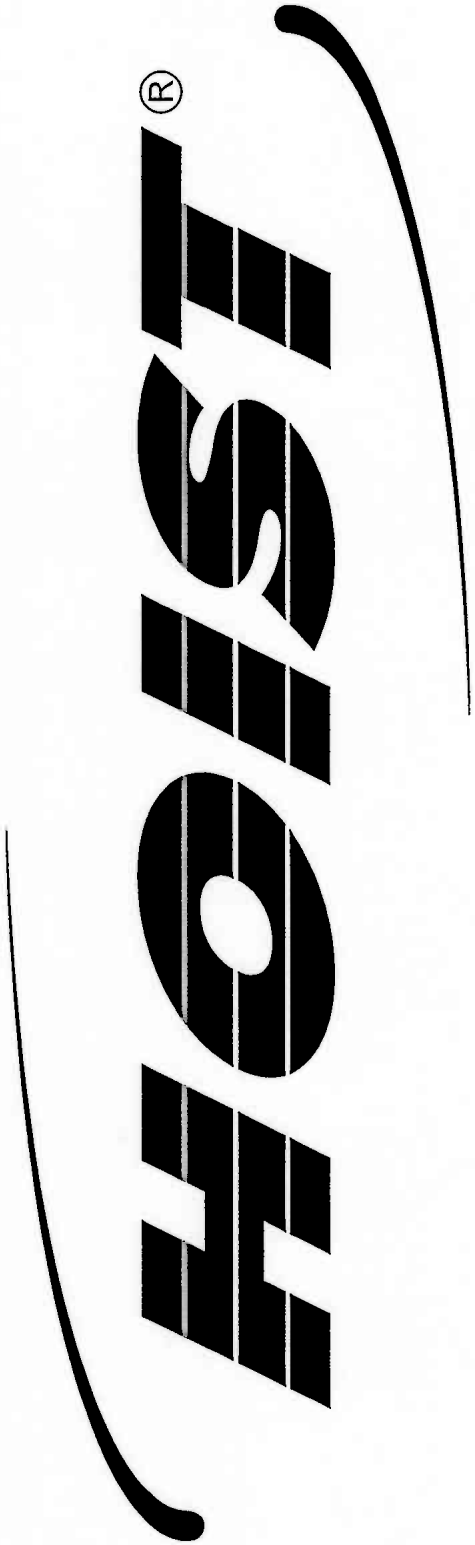
7. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

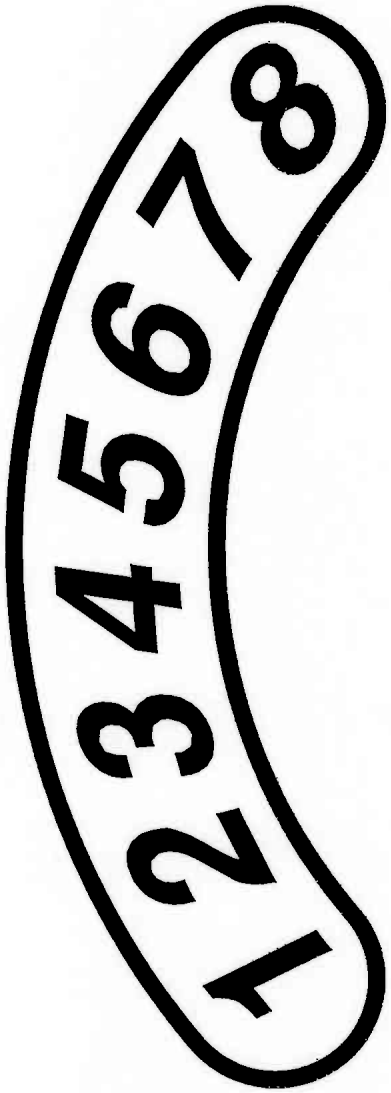
| *ROUTINE MAINTENANCE* | Daily | Weekly | Monthly | 6 Months | Yearly |
|---|---|---|---|---|---|
| Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins | X | | | | |
| Clean; Upholstery | X | | | | |
| Inspect; Cables or Belts and their tension | X | | | | |
| Inspect; Accessory Bars and Handles | | X | | | |
| Inspect; All Decals | | X | | | |
| Inspect; All Nuts and Bolts, Tighten if Needed | | X | | | |
| Inspect; Anti- Skid Surfaces | | X | | | |
| Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube) | | | X | | |
| Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings | | | X | | |
| Clean and Wax; All Glossy Finishes | | | | X | |
| Repack with Grease; Linear Bearings | | | | X | |
| Replace; Cables, Belts and Connecting Parts | | | | | X |

021-0003131

# DECAL PLACEMENT




021-0004026




021-0004066

# WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

# Weight Training Exercise Log

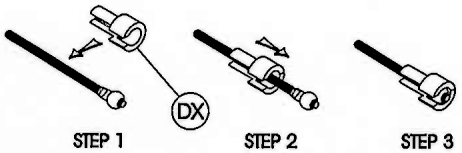
S=Sets R=Repetition per set W=Weight used

| Exercise | Date | | |

# Step 3

## CABLE INSTALLATION

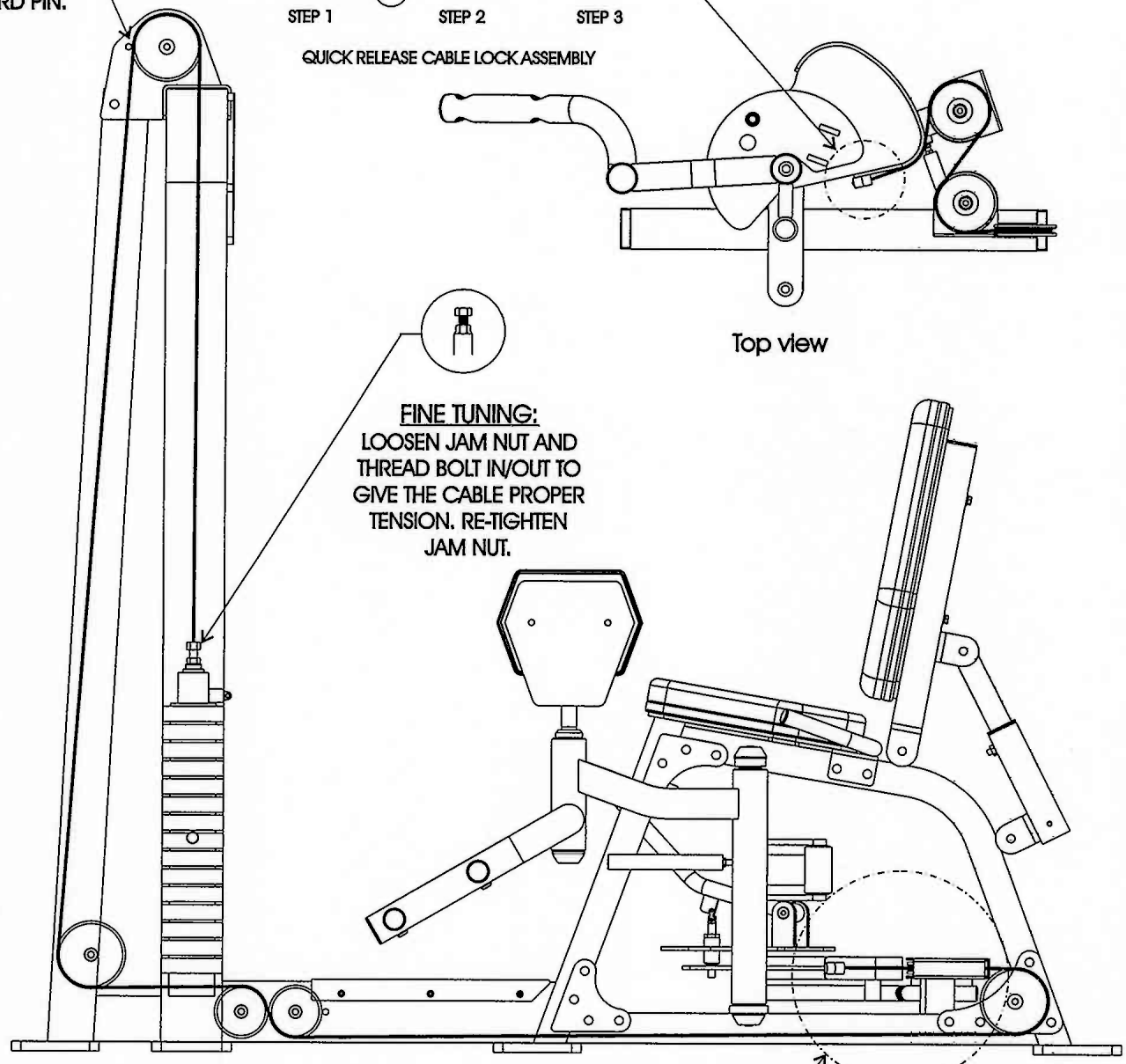
NOTE:
BE SURE CABLE RUNS BETWEEN THE PULLEY AND THE GUARD PIN.




QUICK RELEASE CABLE LOCK ASSEMBLY

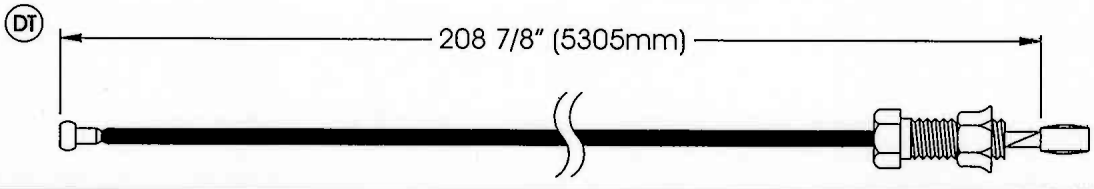


Top view



FINE TUNING:
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.

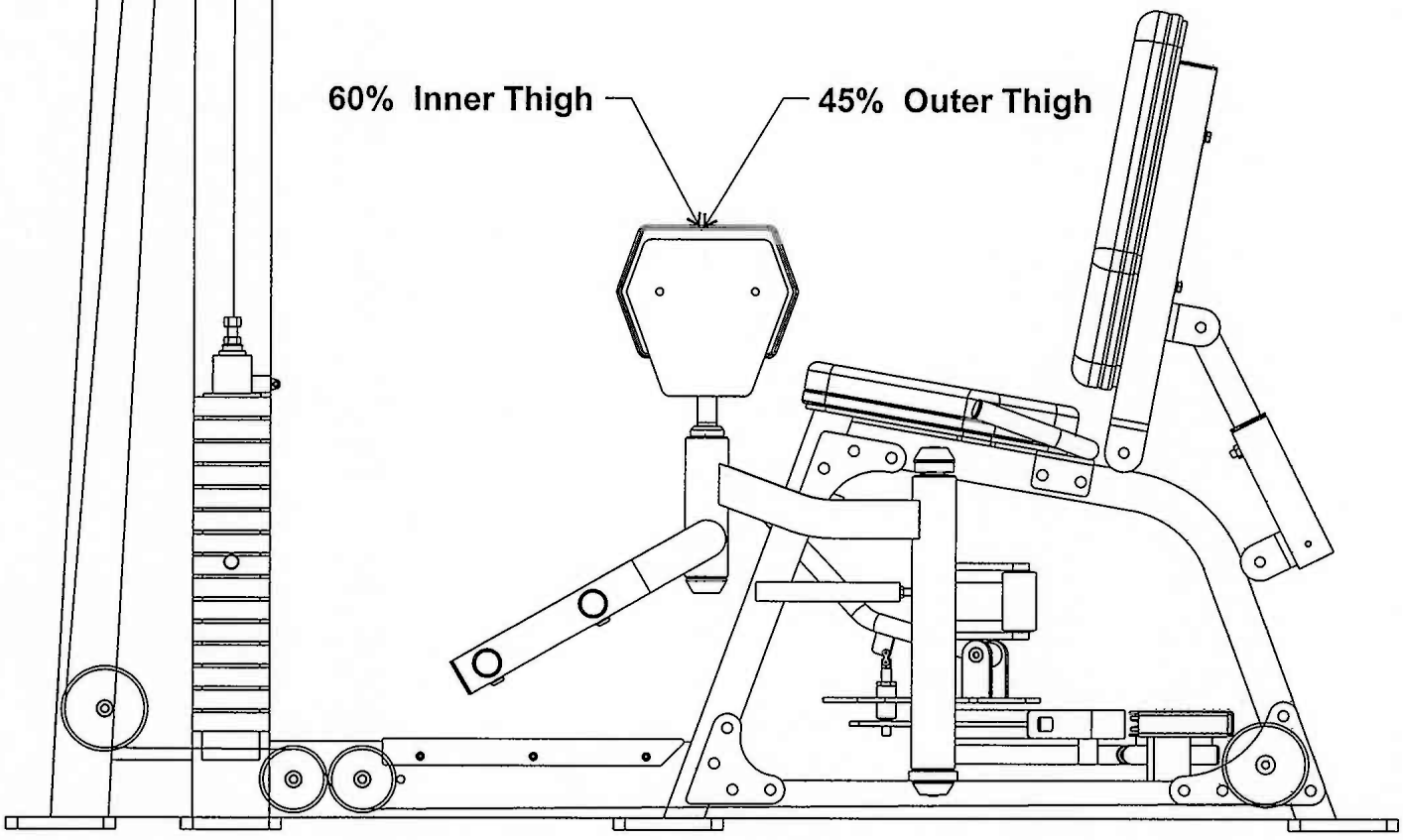
See top view for cable routing



# WEIGHT RATIOS

The chart to the right shows the standard weight stack for this unit. The weights listed are approximate and have been rounded off to the nearest pound. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned. Hoist reserves the right to modify the weight stack from the one shown without prior notice.

| | 100% | 60% | 45% |
|---|---|---|---|
| 1 | 12.00 | 7.00 | 5.00 |
| 2 | 25.00 | 15.00 | 11.00 |
| 3 | 38.00 | 22.00 | 17.00 |
| 4 | 50.00 | 30.00 | 22.00 |
| 5 | 62.00 | 37.00 | 28.00 |
| 6 | 75.00 | 45.00 | 34.00 |
| 7 | 87.00 | 52.00 | 39.00 |
| 8 | 100.00 | 60.00 | 45.00 |
| 9 | 112.00 | 67.00 | 50.00 |
| 10 | 125.00 | 75.00 | 56.00 |
| 11 | 137.00 | 82.00 | 62.00 |
| 12 | 150.00 | 90.00 | 67.00 |
| 13 | 162.00 | 97.00 | 73.00 |
| 14 | 175.00 | 105.00 | 79.00 |
| 15 | 187.00 | 112.00 | 84.00 |
| 16 | 200.00 | 120.00 | 90.00 |



# HOIST FITNESS SYSTEMS
## GENERAL MAINTENANCE INFORMATION

### Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

* *Check all pieces for signs of visible wear or damage.*

* *Check springs in snap hooks and pull-pins for proper tension and alignment.*

* *If the spring sticks or has lost its rigidity, replace it immediately.*

### Upholstery:

* *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

* *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

* *Replace ripped or worn upholstery immediately.*

* *Keep sharp or pointed objects clear of all upholstery.*

### Guide Rods:

* *Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

### Decals:

* *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

### Nuts and Bolts:

* *Inspect all nuts and bolts for any loosening and tighten if needed.*

* *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.*

### Anti-Skid Surfaces:

* *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

### Cables:

* *Hoist uses only Aircraft Quality Cable which meets or exceeds military specifications. Although our cables are designed to last for years, to ensure optimum performance and as a routine safety precaution we recommend that all cables be replaced yearly.*

* *Visually inspect the cable for fraying, cracking, peeling or discoloration.*

* *While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas.*

* *Replace cables immediately at the first signs of damage or wear. Do not use equipment until cables have been replaced.*

## Continued: GENERAL MAINTENANCE INFORMATION

### Cable Tension:

* *Referring to the Assembly/Owners Manual, check all cable bolts and attachments to be sure they are properly attached.*

* *Check slack in cables and readjust cable tension if needed.*

### Seat Sleeves, Turcite Bushings:

* *Wipe down adjusting tubes with a dust free rag before applying lubricant.*

* *Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

### Linear Bearings:

* *Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

**PLEASE KEEP THIS FOR YOUR RECORDS.**

# Hoist Fitness Systems
## LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time.
This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.
Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.
Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.
NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.
WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St., #130
San Diego, Calif., 92126
(800)548-5438

Web Site - www.hoistfitness.com

**PLEASE KEEP THIS FOR YOUR RECORDS.**